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Calgary metro

metr EXCLUSIVE

INTO THE TWILIGHT ZONE



A conversation
with writer
Stephenie Meyer
metroLIFE

Your essential daily news | THURSDAY, OCTOBER 8, 2015 High 19°C/Low 8°C Mostly sunny



Vancouver Canucks' Derek Dorsett, left, fights with the Flames' Micheal Ferland during first period NHL hockey action in Calgary on Wednesday night. JEFF MCINTOSH/THE CANADIAN PRESS

PUCK DROP

Check Metronews.ca for full coverage

Further school delays not ruled out

CONSTRUCTION
Minister says unforeseen issues could arise



Aaron Chatha
Metro | Calgary

The Wildrose Party is criticizing the Minister of Education for stating he can't guarantee that already-delayed schools won't be delayed even further.

"At the end of the day, really, what this minister needs to do is be on top of the file," said Drayton Valley-Devon MLA and education critic Mark Smith. "He needs to make sure that this becomes a high priority, higher than it's been. I mean, they've had five or six months to get this organized and he needs to put this at the

top of his list."
On Tuesday, the ministry said 101 of the current Alberta school projects would be delayed — 23 in Calgary alone, and 70 per cent of those are delayed a year or more. The government released a document outlining new projected opening dates, and has asked the auditor general to look into delays.
David Eggen, Minister of Education, said it's safe to say the majority of projects will still open within the dates on the document.
"Certainly, they will not be delayed because of money, because I got the money secured, which, again, the former government failed to do," he said, adding some delays could be due to unforeseen problems, such as finding wells on school building sites and other technical issues.
Smith agreed that local issues could delay schools, but said all delays are not the responsibility of the local school divisions.

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CBE allows for longer walks to stops than other boards

TRANSPORTATION

Figures include major metro school boards in Alberta



Aaron Chatha
Metro | Calgary

The Calgary public school board recommends that students walk four times farther to bus stops than their counterparts in the city's Catholic board and both school boards in Edmonton, Metro has learned.

The Edmonton Public School Board recommends a maximum distance from a child's home to the bus stop to be 400 metres. They said their average distance is an estimated 200 metres.

The Edmonton Catholic School District recommends a maximum distance from a child's home to the bus stop to be 400 metres. They said their average distance is an estimated 47 metres.

The Calgary Catholic School District recommends a maximum distance from a child's home to the bus stop be 800 metres. They said their average distance is an estimated 400 metres.

The Calgary Board of Education recommends a maximum distance from a child's home to the bus stop be 1.6 km for



The Calgary Board of Education has the longest maximum recommended distance from a child's home to their school bus in the city, as well as Edmonton. JENNIFER FRIESEN/FOR METRO

elementary students, and 1.8 km for junior high and high school students. Officials said they are unable to provide an average distance at this time.

Carrie Edwards, director of planning and transportation with the CBE, said there are a number of factors that go into planning their routes, the biggest being the amount of

registrations they receive. The CBE has the most students of any of the four major metro school boards. Other factors include the complexity of the city layout, parents deciding not to send their child to their designated school and students attending an overflow school if their community-designated school is full.

She said the funding from the province does not fulfill all their needs.

"Yes we are funded, but the level of service we provide is significantly over and above what that dollar provision gives us," Edwards said, pointing out provincial funding does not cover students who attend alternative programs or midday

2.4km
All school boards fall under the recommended maximum distance of 2.4 km set by the province.

kindergarten buses.

Edwards also said her understanding is Calgary Catholic and Edmonton Public make more use of transit.

Fraser Methuen, acting manager of student transportation for Edmonton Public, said the Edmonton Transit System (ETS) is their preferred means of service for junior high and high school kids.

"We try to mimic ETS stops wherever we can, we try to put student stops at ETS bus stops," he said.

"That isn't always practical, but the reason we do that is because we're a cold weather city, like Calgary, and ETS bus stops are cleaned of snow. So that helps get our kids accessibility to yellow buses."

He said they also ask students who are ineligible for transportation to their school — for example if they attend a French immersion school outside of their area — to pay a fee and possibly walk a longer distance. In some cases, it could be as far as 1.6 km, but he said that is an unusual, additional service they offer.

FOREST LAWN

Drugs may be motive in murder

Calgary police have laid charges in the murder of a man in Forest Lawn last week.

Staff Sgt. Doug Andrus said police were called to 2600 block of 43 Street SE, at 5:50 a.m. on Sept. 30. Upon their arrival they determined that the man was dead.

Following an autopsy, police identified the man as Jonathan Joe Schmeikal, 34, of Calgary.

Andrus said he died as a result of a shooting that took place in the area.

Jerry Cody Goodeagle, 25, of Gleichen, Alta., has been charged with second-degree murder, and will appear in court on Oct. 15.

Andrus said right before the shooting, Schmeikal was being driven around in a stolen car with the accused and at least one other person.

"We are trying to determine motive, but we believe drugs are a possibility," he said.

The morning after the shooting, neighbours said they heard gunshots in the early hours, but police were not notified until Schmeikal's body was found.

"We believe that he was shot several hours prior to being found and it is very possible that the report of the gunshot is related to our investigation," said Andrus.

Anyone with information about this incident is asked to call the non-emergency line at 403-266-1234 or the Homicide Unit Tip Line at 403-428-8877.

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GIVING BACK

Formerly homeless man says life now is 'awesome'



Aaron Chatha
Metro | Calgary

A month ago, Bruce Jasson was homeless and had been fined \$500 for littering in Bowness Park. Tomorrow, a judge will take a look at the case in court.

He's unsure whether the case will be thrown out, but what he is sure of — now more than ever — is his future.

Jasson is no longer homeless. He has a job handing out flyers and is paying rent on an apartment.

"You see my place right now and you'd say, 'How come this place is so clean?' Because I'm one of those clean freaks," he said. "Even though I was outside, even outside I would pick up all the garbage, I just like things clean."

He attributes part of his success to local business owner Colin Spires.

Spires only met Jasson a month-and-a-half ago, but he's been trying to help Jasson get back on his feet. What started as bringing him coffee during the day has turned into a last-



A month ago, Bruce Jasson was homeless and had been issued a \$500 ticket for littering. He said he was just trying to feed the birds. Now he has a job handing out flyers, has an apartment and has the money to feed himself. JENNIFER FRIESEN/FOR METRO

ing friendship; they call each other daily and live within walking distance of each other.

Spires gave Jasson a job handing out flyers for GetMy3Quotes.ca but has bigger plans for him.

"He's moving up from flyers into sales," said Spires. "He's

an outspoken and warmhearted enough person that he can talk to these contractors."

Spires said that kindness can be seen through the fact Jasson is already donating 14 bags of clothing to a local church. He said Jasson is also working on a way to give

back to a school, where he would sleep over the course of six months.

Jasson said he's focused on doing a good job and will spend the month of October training.

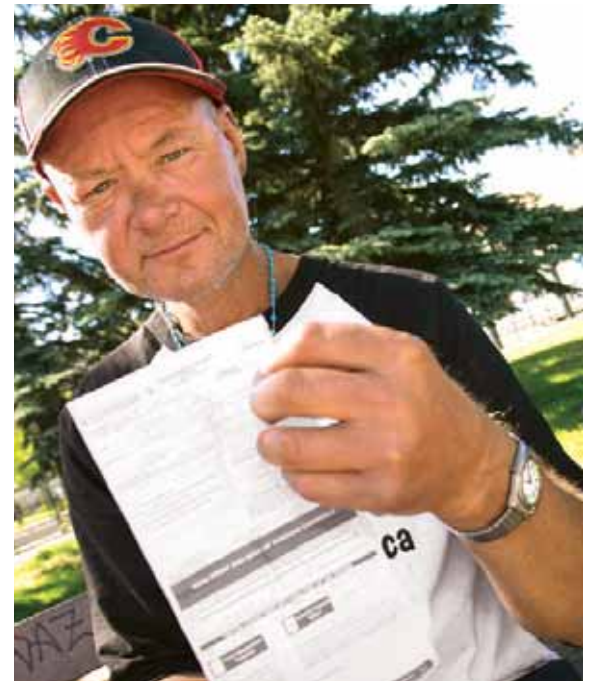
Reflecting back on his time being homeless, Jasson said

he's critical of some of the systems in place, such as the long process of getting into affordable housing.

He told Spires that trying to get help can involve too many sources, and working one-on-one with Spires has been a better experience.

Jasson said life now is "awesome." He's written down a list of goals and is teaching himself computer and email skills to better communicate with customers and contractors.

And he's enjoying having his own space: "It's a lot better than sleeping outside."



PC Alberta
CALGARY-ACADIA

PROGRESSIVE CONSERVATIVE ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING

Date: Thursday, October 29, 2015

Time: 7:00 P.M. (Registration begins at 6:30 P.M.)

Location: Willow Ridge Community Centre (680 Acadia Drive SE)

The purpose of the meeting will be to elect a Board of Directors and Executive Committee. The attendees may also consider amendments to the Constitution of the Calgary-Acadia Progressive Conservative Association.

In order to vote at the Annual General Meeting, individuals must show a 2014/2015 Progressive Conservative Association of Alberta membership and proof of residency within Calgary-Acadia.

Memberships can be purchased online prior to the meeting at www.pcalberta.org. There will also be an opportunity to purchase memberships at the door.

New members are welcome to attend.

For further information please contact Brittany Kelly at kellybrittany1@gmail.com or (587) 998-3779.

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Mbira came to Calgary in 1997. FACEBOOK/COURTESY SUSAN CHYMKO

Lioness put down by zoo

ANIMALS

Big cat Mbira euthanized at 19, suffered from cancer



Helen Pike
Metro | Calgary

A proud and ferocious lioness at the Calgary Zoo was laid to rest last week after a long and full life.

Veterinarians working with the Calgary Zoo decided to euthanize one of the older lions — the nearly 20-year old Mbira — Oct. 1 after a checkup revealed her cancer of the spleen had spread to her abdomen and her kidneys had failed.

Mbira, one of the zoo's oldest lions, came to the Calgary Zoo in 1997 from Aalborg Zoo in Denmark with a brother and two sisters.

Mona Keith, lead keeper of the African Savannah, worked with the lioness since 2002.

"She was quite independent, lots of attitude from her," Keith said.

Despite being a captive animal all her life Mbira, as Keith described, was a very skilled bird hunter.

"In the springtime sometimes geese or ducks will fly into their pen. You can hear the

geese coming, and you could just see her and she knows, and she's watching...she has a free meal.

"She definitely always had that hunting instinct."

There are three other lions in the Calgary Zoo, including another 20-year-old female Tisha, who is Mbira's half sister. Aslun and Baruti are two younger males who joined the lion pride in 2013.

Although she's not sure the young ones have noticed their adopted sister's passing, Tisha, who often ate and spent time with her late sister, knows Mbira is missing.

"They were quite bonded," Keith said.

"It hasn't stopped her appetite, so it's not like she's pining away for her sister," said Keith. "She knows, she knows that she's gone...they've been together their entire life."

Keith said the lion keepers will miss her, but is happy the lioness had such a full life.

Trish Exton-Parder, Calgary Zoo spokeswoman, said female lions have about a 16-year life expectancy in zoos.

“She definitely always had that hunting instinct.”
Lead keeper Mona Keith

ECONOMY

Job security concerns Albertans: Poll

Half of Albertans are concerned about losing their job or experiencing a cut in hours over the next year, according to a new poll by ThinkHQ Public Affairs.

"Twice a year we ask people how they're feeling about the economy," said Marc Henry, president of ThinkHQ. "We've seen a big jump in what you call employment anxiety over the past year."

Of the 1,446 citizens polled

from all parts of Alberta in the first week of September, 20 per cent said they were very concerned about their job, while 31 per cent said they were somewhat concerned, for a total of 51 per cent.

Those numbers really caught Henry's eye, since in January the same question returned a result of about 35 per cent.

Of the remaining respondents, 45 per cent said they're

not concerned about their job, and four per cent were unsure.

The numbers from Calgary respondents showed the most concern — 57 per cent of Calgarians polled said they had job concerns, while only 42 per cent of Edmonton residents felt the same way.

"A lot of the jobs that companies are shedding are the front end corporate job," said Henry. "And those jobs are clustered in Calgary."

The poll was completed online and was weighted to reflect gender, age and region of Alberta population according to Statistics Canada.

Because the poll used a non-random sample, the margin of error does not apply, but a comparable random sample poll would have a margin of error of plus or minus 2.6 percentage points, 95 per cent of the time.

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The former hotel the Drop-In & Rehab Centre Society wishes to turn into affordable housing.

JENNIFER FRIESEN/FOR METRO

Housing project upsets community

THORNCLIFFE GREENVIEW

Drop-In & Rehab Centre would develop former hotel



Helen Pike
Metro | Calgary

As the Calgary Drop-In & Rehab Centre eagerly awaits approval on their northeast Calgary affordable housing project, a nearby community still has reservations and is already planning their appeal.

The DI is moving forward with a plan to redevelop the former Quality Inn on Edmonton Trail into affordable housing — 37 units of “assisted living” and 33 “dwelling” units. The design will go before the City of Calgary Planning Com-

mission Thursday, and, if approved, will move ahead to its next phase.

Three years in the making, the project has been a sticking point for the Thorncliffe Greenview community members, who have been concerned the centre will become a “shelter” rather than affordable housing.

“This is not a shelter, it was never meant to be a shelter, but people are still saying that we’re going to turn it into a shelter,” said DI executive director Debbie Newman. “We cannot turn it into a shelter; there are specific bylaws that have been enacted by the City of Calgary to prohibit this from happening.”

Newman added although the DI serves many people from different walks of life, the project on Edmonton Trail is designed as long-term affordable housing with programs in place to help those living



I think realistically that the planning commission will approve this.

Marvin Quashnick

there succeed.

A community member letter posted Tuesday to the community’s Facebook page addressed a general mistrust for the DI and their plans.

“It does sort of speak to the overall mood,” said Marvin Quashnick, spokesman for the Thorncliffe Greenview community association. “It’s a complex issue and there’s a wide range of opinions.”

He said from what he understands, if approved, the community will appeal the planning commission’s decision.

CRIME

Two arrested, face 70 charges over break-and-enter spree

Police have seized more than 400 stolen items and laid nearly 70 charges against two Calgaryans suspected to be responsible for a slew of break and enters in the city and across Southern Alberta.

CPS made the arrests following a break and enter on Evergreen Way SW on Sept. 8, when the victims were able to provide officers with detailed descriptions of the suspects and the vehicle seen fleeing the scene. That information led police to a home on Coville

Circle NE where they executed a search warrant and arrested two men.

Among the stolen property was jewelry, computers, electronics and collectables. Officers also seized fentanyl, marijuana, heroin, and oxycodone and two firearms with ammunition.

Kelly John Wills, 33, of Calgary is facing several charges in relation, as is Randy James Lorrain, 32, of Calgary.

Police believe the value of the stolen property to be well

over \$100,000 and estimate the drugs to be worth approximately \$18,000.

All unclaimed property is viewable on Facebook. People who believe the stolen items belong to them can contact police at 403-428-6888 or via email at seizedproperty@calgarypolice.ca.

CPS continues to investigate the break and enters and asks anyone with information to contact them at their non-emergency line at 403-266-1234. METRO

MEETING CANDIDATES

Metro gets the basics from the candidates: the elevator pitch of their party's platforms and why they believe they should represent you in Ottawa.

LUCIE EDWARDSON METRO

CALGARY HERITAGE

1 Stephen Harper

Party: CPC
Age: 56
Occupation: Prime Minister of Canada

Excerpt from interview conducted by Metro last week:

We're obviously living in an age of unprecedented global instability. We now have had, what is it, seven years of ongoing economic and financial crisis across the globe. In that period, Canada has had the best job creation, growth, you name it, across the G7 countries.

We believe we have a plan for the next four years to keep moving us forward on that, making sure we continue to reduce taxes for people, we make investments — large-scale investments — that we can afford and do so within a balanced budget. And we believe that if we stay on that track the economic prospects in this country are better than anywhere else.



2 Dr. Brendan Miles

Party: Liberal
Age: 34
Occupation: Family doctor, Psychiatry Examination Committee member with the Medical Council of Canada, Clinical Lecturer at the University of Calgary

Elevator Pitch:

Calgary Heritage isn't just a riding to me, it's my home. My family, friends and patients live here. Unlike the Conservative or NDP candidate, I grew up here. When I speak to people about the Liberal's plan to create jobs, lower taxes for middle-class Canadians, and to provide families with a larger, tax-free child benefit, they're shocked that the other parties oppose these things.

When talking to residents from Lakeview to Bridlewood, from Haysboro to Cedarbrae, they are clear: They want somebody who has a vested interest in their financial, social and emotional



3 Kelly Christie

Party: Green
Age: 55
Occupation: Self-employed construction supervisor

Elevator Pitch:

I owe no allegiance to any corporations or large private donors, so I am able to work unimpeded for my constituents, and will represent their needs and desires.



For more information please visit: kellychristie.ca

4 Matt Masters Burgener

Party: NDP
Age: 39
Occupation: Musician

Elevator Pitch:

Matt Masters Burgener is an award-winning artist and country music singer raised in Calgary. Matt and his wife, Amanda, have two young children and run a successful music business.

Growing up in a politically active household (his mom, Jocelyn Burgener, was MLA for Calgary Currie from 1993 to 2001), he has always been politically engaged.



CALGARY SHEPARD

1 Dany Allard

Party: NDP
Age: 36
Occupation: IT Manager

Elevator Pitch:

Dany is a business professional and community leader who is ready to be Calgary Shepard's first MP. As your MP, Dany will be guided by the Canadian values of hard work, living within your means and looking after each other. As a father, Dany knows we all want to ensure our children inherit a fairer, greener, and more prosperous country.

From Day 1 on the job, Dany will work to get results that matter to families in Calgary Shepard. He intends to: launch a plan for affordable child care; invest in affordable housing; create good, middle-class jobs; and repeal the undemocratic Bill C-51.



2 Jerome James

Party: Liberal
Age: 29
Occupation: Professional Engineer

Elevator Pitch:

Passionate about working in the heart of Canada's energy sector, Jerome James settled in Calgary to work for an innovative engineering firm within the oil and gas industry. He currently works within the Power Division for a leading multinational engineering firm. Jerome believes the next federal government must be innovative in developing our oil industry and must have a plan to protect our environment into the future.

An active volunteer, Jerome donates his time and energy to Global Shapers — an international initiative of the World Economic Forum dedicated to creating social change within local communities around the world.



3 Tom Kmiec

Party: Conservative
Age: 34
Occupation: Former Registrar for the Human Resources Profession in Alberta

Elevator Pitch:

Tom is running to protect the economy, get Albertans back to work, and ensure residents of Calgary Shepard get the representation they deserve. He is married and has three young children. Tom is the former registrar of the Human Resources Profession in the province of Alberta and the former manager of policy with the Calgary Chamber of Commerce.

Tom understands the value of your hard-earned money and believes in low taxes, a balanced budget and free trade. As an immigrant, Tom knows that the freedom and democracy Canadians enjoy must be protected to ensure that future generations can experience the same opportunities to succeed.



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ALBERTA GOVERNMENT

Review of loan law to protect the ‘vulnerable’

Payday loan companies will not be banned under a review of the industry by the Alberta government despite concerns about high interest rates charged by providers. "The government of Alberta is not going to ban payday lenders," Service Alberta Minister Deron Bilous said Wednesday.

"We don't want to drive them underground," he said. "We know from talking to organizations that you're actually doing the opposite of consumer pro-

tection if you drive them underground. They're much more dangerous when they're illegal."

The current legislation, which expires June 30, regulates lenders that offer short-term credit to people who typically borrow smaller sums. In Alberta, the companies can charge up to \$23 of interest for every \$100 borrowed. And if people don't pay back the full amount on time, interest charges can mount substantially. In tough economic times some

will ensure “vulnerable families aren’t being taken advantage of.”

The minister said there is a need for payday loan companies, but he wouldn't say whether there are lenders who take advantage of the less fortunate.

RATES

Alberta's rate (\$23) is the second highest in Canada, only behind Prince Edward Island which allows \$25. Manitoba is the lowest at \$17 per \$100.

Alberta families turn to payday loan services to help them deal with financial challenges, said Bilous, who added that the review



Monica Kretschmer honoured her attorney Diane L. Harms with a white hat award last month, and now she wants to keep the tradition moving. JENNIFER FRIESEN / FOR METRO

Women's white hat awards bid

GOOD DEEDS

Business owner keen to honour women who make difference



Jennifer Friesen
For Metro

Now, she's reaching out for the City's help in honouring women every year with their very own Calgary White Hat Awards for Women.

Calgary's white hats are currently awarded to visitors and people in the hospitality industry, but Kretschmer said "there are other people who deserve the spotlight too, I want to make supporting them my mission."

Ward 13 Councillor Diane Colley-Urquhart presented the white hat to Harms at the Woman of Inspiration ceremony, and said she wants to do all she can to see Kretschmer's mission "become a success."

"Many times women don't think that their own story is very inspirational," said Colley-Urquhart. "Maybe they're facing adversity, and maybe all it takes is to come to an event like this and say, you know what, I can do better than this, I can change things up — and in doing so you inspire others."

Kretschmer is now in the process of building a proposal for the city to get the ball rolling for Calgary White Hat Awards for Women, but said regardless of city assistance, she will make it come to life.

"Women do amazing, selfless things every day," she said.

"I know so many women who go into a male-dominated environment and tailor themselves to that instead of embracing their own strengths. But I think highlighting all the beautiful things that women are will naturally open the door to changing that — but we have to be able to support women to make that happen."

Monica Kretschmer was gathering clothes to donate to the Calgary Women's Shelter one day, and the next, she was sleeping at the shelter, thinking, "Oh, this is what the walls look like."

"My life turned upside down," she said. "I was in a situation where I was in danger and I needed to go someplace safe. They took me in and gave me a place to bring my seven-month-old son."

Kretschmer was then in a legal battle against her ex-husband, but had her case taken on by legal aid and attorney Diane L. Harms in 2007. They fought for seven years, eventually winning every file after a 22-day trial.

Since then, Kretschmer launched her business, Canadian Business Chicks, and last month, she honoured Harms's work with a white hat award ceremony, naming her a Woman of Inspiration.

“Women do amazing, selfless things every day.”

Monica Kretschmer

IN BRIEF

Dinos Alive exhibit returns to Calgary Zoo next year

Back by popular demand! The Calgary Zoo's Dinosaurs Alive exhibit, featuring 18 animatronic dinosaurs, and upgrades to the zoo's prehistoric park, will return next year.

"This year's experience has shown us that the focus on dinosaurs is a crowd favourite within our zoo community as well as for our many tourists," says Roz Freeman, Special Events Advisor, Calgary Zoo, in a prepared release. "Bringing the animatronics back in 2016 is a must and we are looking forward to creating even more interactive experiences for our guests."

The last day of Dinosaurs Alive will be Oct. 31, 2015 and will open up again in 2016.

METRO

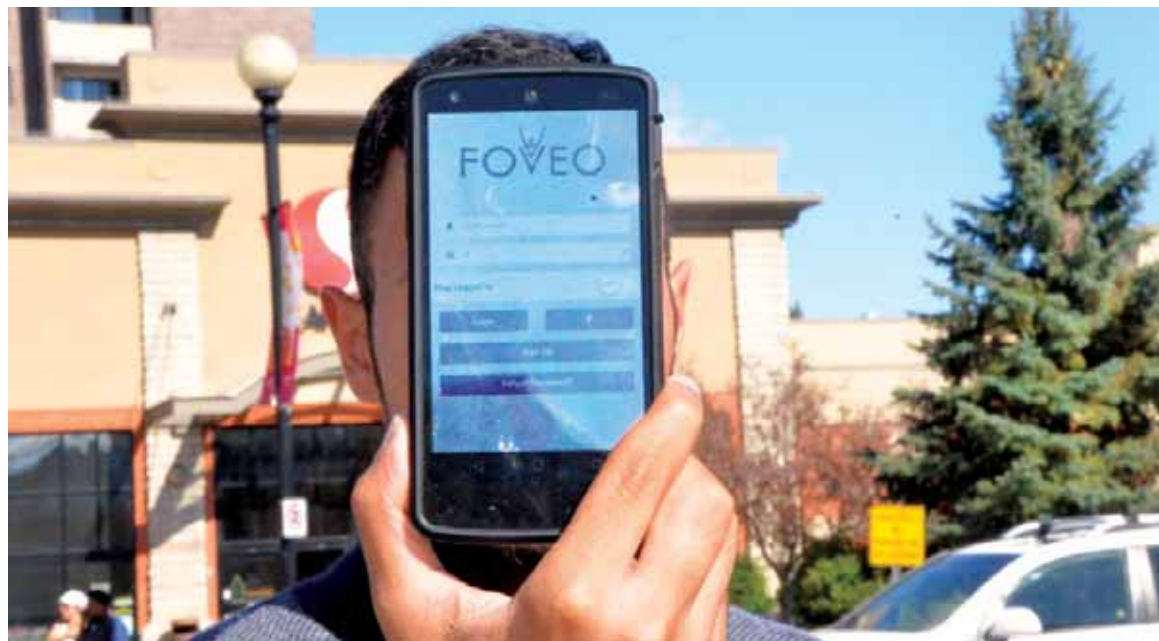
Groups pushing for referendum on charter

A group of three organizations are forming a coalition to raise awareness about what a city charter could mean for Calgarians. The Canadian Taxpayers Federation, Canadian Federation of Independent Business and Common Sense Calgary unveiled the campaign Wednesday called See Charter, Think Tax.

"We're urging the provincial government to reject the calls by the big city mayors for new tax powers, or at the very least, not without a referendum," said Paige MacPherson, Alberta director for the Canadian Taxpayers Federation.

The mayors of big Alberta cities, including Calgary, have been talking to the provincial government about charters.

METRO



Calgarian Daman Parmar has created a phone app for people to talk about mental health issues like abuse and addiction — entirely anonymously. AARON CHATHA/METRO

Calgarian eyes mental health social network

TECHNOLOGY

App offers people a safe, anonymous place to chat



Aaron Chatha
Metro | Calgary

Calgarian Daman Parmar struggled with depression in his teens and found solace talking with other people who were going through the same thing — now he's trying to connect others around the world to that support circle.

Through his new phone app, FOVEO, Parmar hopes to give people struggling with mental health issues a safe, anonymous place to chat. He aims to help those who otherwise wouldn't seek help.

"It was really hard. There wasn't anyone for me to talk to," Parmar said. "And the depression gets worse and worse because you don't want to tell anyone about it, because of the stigma associated with depression."

"People are afraid of being judged or being labelled a 'mental health patient.' They don't even want to tell their friends or family members about how they feel, so they let it all build up to a point

of having suicidal thoughts or critically depressed."

Parmar said talking to others provides a level of comfort, and helps people talk about issues in a different way than they would talk to counsellors and professionals.

The FOVEO app allows users to select from a number of categories such as abuse, addiction, sexuality and religion, to best find other people in



There wasn't anyone for me to talk to.

Daman Parmar

a similar situation. It's like a social network for mental health.

Users have the option of texting, sharing ideas through art therapy and leaving voice notes for others to see and hear. And it can be done entirely anonymously, or you can log in through Facebook and share your name.

He said the option to post and read experiences and stories from someone's own home can encourage them to be more open and honest.

The app is entering its testing phase and Parmar hopes to launch it officially on Android devices in November.

For more information visit foveocare.com.

GAMESENSE

Program targets gamblers

Alberta is preparing to roll out a program in casinos to help people who play games of chance to gamble more responsibly.

The program, called GameSense, was developed in British Columbia and is also being used in Manitoba and Saskatchewan. It aims to teach people the difference between chance and skill-based games, the odds of winning and to gamble for fun, not for money.

The Alberta Gaming and Liquor Commission says GameSense will initially be available at 24 casinos and three horse racetracks.

"The idea is to have players more engaged and encourage them to seek out information about responsible gambling, to steer away from any high-risk behaviours or potentially problem gambling behaviours," Tatjana Laskovic, a commission spokeswoman, said Wednesday.

This year the Alberta government expects to rake in more than \$1.9 billion from casino gaming terminals, VLTs and electronic bingo machines.

The British Columbia Lottery Commission (BCLC) introduced GameSense to casinos in 2009 and has since expanded the program to include all forms of legal wagering, including online gaming. B.C. casinos have GameSense advisers on hand to answer questions. Information is also available online and at lottery retail outlets. The advisers chat with about 4,500 people each month.

The messaging includes simple statements such as "Keeping it fun means playing within your means" and "Wondering if you can win back losses by playing more? — Chances are the more you play, the more money you will lose."

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Light Up Purple and spread the word

AMANDA TODD

Initiative to boost city's awareness of mental health



Jeremy Simes
For Metro | Calgary

The University of Calgary's department of psychiatry is hoping its members wear purple on Friday to spread awareness about mental health.

The initiative — Light Up Purple — was started by Carol Todd, the mother of Amanda Todd, a girl who committed suicide three years ago after dealing with depression and cyberbullying.

The department decided

to wear purple to show support for its clients and others suffering from mental-health issues, said Dr. Jordan Cohen, child and adolescent psychiatrist at the U of C.

"We want to make sure people are aware and that they don't have to be ashamed of the illness," Cohen said. "We're making sure they get supports."

Todd said she started Light

Up Purple as a way to get people talking about mental-health issues.

"Being able to talk to people and see people talk about a cause is a great thing," she said. "It would make Amanda proud."

World Mental Health Day this Saturday "is about everyone who is quietly suffering," Cohen said. "It's an opportunity for us to say, 'Let's talk,' and not stigmatize."



Calgary Tower went purple for mental health day '14. CONTRIBUTED

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OCT THU8 FRI9 SAT10 SUN11

SURVEY

Calgary bachelors spend big — sort of



Andrea Ross
Metro | Edmonton

Edmonton's eligible bachelors have no problem emptying their wallets on the first date, according to data collected by a popular dating website.

A survey by date-auction site WhatsYourPrice.com shows Edmontonians will spend an average of \$289 on a first date, putting them only second to Victoria, where men will spend an average of \$360.

Calgarians ranked third, spending an average of \$265.

Professional matchmaker Krystal Walter said the dollar figures don't surprise her.

"If you're excited about the date and feel that there's good chemistry right away, it's a lot easier to spend money on a first date," she said.

But Walter, who has about 3,000 clients across Alberta and offices in Edmonton and Calgary, said spending more money on a first date doesn't necessarily result in a better date.

And it's not just men who

are burning a hole in their pocket; Walter said she has one female client in Edmonton who buys a whole new outfit for each first date.

Walter said her Edmonton clients tend to plan dates indoors to avoid the chilly weather outside, which she said could also result in more money spent.

WhatsYourPrice.com boasts 850,000 members worldwide. The average first-date offer on the website is \$160.

Montrealers came in fourth on the Canadian list, apparently willing to spend \$242 on the first date. Vancouverites came in fifth, at \$222.



Worldwide, the average first date is \$160, according to data from a popular date-auction site.

KEVIN TUONG/METRO EDMONTON

DISCLOSURE

AHS posts vendor contracts, Phase 1

Alberta Health Services (AHS) posted the first phase of vendor contracts entered into outside of a competitive process on Wednesday.

The contracts are those signed in 2014-15 and managed by AHS' Contracting, Procurement and Supply Management (CPSM) department.

The contracts' information can be found on AHS' website, under Data, Statistics and Reporting. The information will be updated quarterly.

AHS hopes the information will help Albertans better understand what contracts it has entered into recently and how contracts are awarded. The move is also to help meet the proactive contract disclosure of the Government of Alberta.

Later this fall, AHS will post the non-competitive contracts entered into by CPSM in the first quarter of 2015-16, non-competitive contracts from other departments and long-term contracts.

METRO

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City asks safety council to dismiss appeal hearing for Grow Calgary



The Grow Calgary Earthship has been behind a fence since the city questioned its structural integrity last year. METRO FILE

FOOD

Group worried their good work will be undone by '55 lawyers'



Helen Pike
Metro | Calgary

Volunteers at Grow Calgary may not get to argue for their do-it-yourself greenhouses after the city began pursuing the charitable organization's appeal process on a technicality.

Grow Calgary and the city have been at odds over construction of structures without building permits on the north-west Calgary farm's property. But in July, the city took a step back while the urban farm filed an appeal to the city's demolition order from May.

In September, the city initiated its latest action against Grow Calgary.

"It's disturbing, because we have a tremendous volume of policy that talks about transparency and transparency targets," Grow Calgary director Paul Hughes said. "I'm concerned that a matter of public interest that involves sustainability, green building ... for the purposes of growing food for the food bank is being fought against by 55 lawyers and 200 legal staff at the City of Calgary."

A letter dated Sept. 15 and sent to the Safety Codes Council from the City of Calgary asks the council to "dismiss" the appeal hearing because of a "preliminary jurisdictional matter."

"The preliminary jurisdictional issue is whether the Appellant is out of time to appeal the Order because the appeal was not in accordance

with Council's bylaws," read the letter. "In particular, the lack of accompanying appeal fee received within the 35 days is a critical component of the appeal."

Hughes said he'd filed the appeal, but the group needed time. They told the council they would get the money together for the appeal. A donor came through and the council now has the cash.

"We want an opportunity to discuss this in a public setting and it's our opinion that this is a beneficial conversation, long term, of sustainability in Calgary," Hughes said.

Metro reached out to the City of Calgary and was told it couldn't comment on an "ongoing case."

Hughes said Grow Calgary doesn't want their interaction with the city to be "hidden away" or "shuttered."

4,070

Pounds of food Grow Calgary grew and donated in 2014. The 2015 harvest has not yet been tallied.
CALGARY FOOD BANK

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#MOREWAYS



Kenna Burima performs at the 2014 carillon. CONTRIBUTED

Celebrating 30 years of local tunes

ENTERTAINMENT

Selected songs to be played on Calgary Tower carillon

Jeremy Simes
For Metro | Calgary

Kenna Burima is up for the challenge to turn Calgary's perfect playlist into something that can be chimed by the Calgary Tower's carillon.

Burima's soon-to-be-crafted tunes are part of the 30th anniversary of One Yellow Rabbit's High Performance Rodeo.

But here's the tricky part: she and co-curator Arif Ansari must scour hundreds of tunes made by Calgarians since 1986, and choose the best 30 tracks from their findings to craft a playlist that represents Calgary authentically.

"It's going to be heartbreaking to break it down," said Ansari, an archivist with the Calgary Cassette Preservation Society. "We have a long list — about 300 — of great songs." Burima said she'll go

through every track to ensure the team has picked the proper tunes.

"It's important we represent the widest cultural slough of Calgary's music scene," she said. "It has to be great from all pockets of genres."

Although they aren't confirmed on the playlist, don't be surprised to hear chimed versions of hits by the Cripple Creek Fairies, Jann Arden and Dragon Fli Empire, Burima said.

Even though it'll be challenging to turn those songs into a mash of chimes, she said she's excited to face that challenge.

"I have to do the song justice, have it go well with the carillon but also put in some originality to make it my own," she said.

Ansari admitted the playlist might not be perfect to some — there's just too much local talent out there.

"Calgary has always and a vibrant music and art scene," Burima said. "It may not be as high-profile as other cities, but there are multiple bands performing and writing great music."

The final playlist will be unveiled January 7th, where Burima will perform a medley of the 30 songs live at the carillon.

EDMONTON CENTRE

Law prof wants apology from Tory candidate

Andrea Ross
Metro | Edmonton

A University of Alberta law professor said he was told to "renounce his heritage" when he voiced concern about a new citizenship law with his riding's Conservative Party candidate.

Ubaka Ogbogu said the conversation happened last Friday when Edmonton Centre conservative candidate James Cumming

knocked on his door.

A dual Nigerian/Canadian citizen, Ogbogu said he told Cumming he was concerned Bill C-24 creates two classes of citizens. Known as the Strengthening Canadian Citizenship Act, the law allows the government to revoke Canadian citizenship from dual citizens convicted of terrorism.

Ogbogu said he pressed Cumming on the fact his two Canadian-born daughters, aged five and one, would be sent to Nigeria if he were convicted of terrorism.

"That's when he said if I'm concerned about the bill, I should renounce my heritage and I'll be OK," Ogbogu said.

Ogbogu said he, and any Canadian affected by Cumming's comments, deserve an apology.

In a statement released Wednesday afternoon, Cumming said the statements attributed to him are "completely false."

"I merely explained to the individual that Bill C-24 allows for revocation of citizenship from individuals convicted of the most

serious acts of disloyalty to Canada," Cumming said. "Unless he was planning on committing those acts, he had absolutely nothing to worry about."

Edmonton Centre NDP candidate Gil McGowan said that with around one million dual citizens in Canada, Cumming's alleged comments are "deeply offensive."

"We're a country where people should be encouraged to embrace their heritage, not renounce it out of fear," McGowan said.



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Play shows the true harm our lies cause

THEATRE

Liar uses introspection to examine our bad behaviour



Jeremy Simes
For Metro | Calgary

Have you lied?

Probably — it's something everyone does, according to Theatre BSMT's Artistic Director Kyle Schulte.

So he said the theatre company decided to produce a new show called *Liar*: a piece that explores the issue of lying, and how people tell fibs to protect themselves or someone else but, really, they end up inflicting more harm than good.

Meet Sherri (played by Carolyn Ruether), Jeremy (Simon Tottrup), Mark (Corey



Carolyn Ruether, Corey Joyce and Grayson Ogle on the set of *Liar*. CONTRIBUTED

Joyce) and Ben (Grayson Ogle), all of whom are notorious for hiding secrets.

The biggest secret, though, revolves around who was at fault for losing Sherri and

Ben's four-year-old child a few years back.

And, for some reason, the couple's tension resurfaces when they meet Mark at Jeremy's funeral.

Note: Mark was with Jeremy at an unknown rooftop. Did he push Jeremy? Or, did Jeremy jump?

"They all would've been fine if they didn't meet Mark," Schulte said.

But, that's all he would tell Metro. He hopes people who see the show leave the theatre with more questions than answers, he added.

"I love the concept (of *Liar*)," Ruether said. "We think lying might be good initially, but this show showcases the aftermath of doing that. Lying hurts people."

Liar will be playing at 8 p.m. at the Motel Theatre at Arts Commons every night until its last show on Saturday.

CIFF

Record attendance a boon for festival

The 16th annual Calgary International Film Festival ended with a bang, as more movie-watchers came out this year compared to years past.

The 12-day festival saw 35,000 people pack more than 200 screenings, up 6,000 people from last year's 29,000 attendee-number, according to CIFF's executive director Steve Schroeder.

More than 1,800 films were submitted to CIFF, a 40 per cent increase compared to last year's number of submissions.

"By relentlessly pursuing our mission of curating the most innovative and compelling films and creating remarkable festival experiences, our annual celebration becomes one that more and more audience and filmmakers want to be part of," Schroeder said.

He said CIFF is on track to reach its 50,000-attendance goal by 2017, where the festival has seen its numbers grow by 20 per cent every year.

A higher turnout rate means for better programming next year, Schroeder said.

"More people in the audience enables us to have more programming choices, which means we can give people what they're looking for," he said.

This year, Alberta films were a hit with filmmakers, Schroeder added, so he hopes to have more provincial content next year.

"We're keeping up with demand, but want to go deeper," he said.

"We're definitely on track to do that."

JEREMY SIMES/FOR METRO

178

Number of filmmakers CIFF hosted in the city.

39

Number of countries represented at CIFF this year.

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VOTER PROFILE

Name: Kevin Settee **Age:** 25 **Riding:** Winnipeg Centre
His issues: Tuition reform, climate change, child care, oilsands expansion and indigenous rights

Petty politics won't resolve problems



ROSEMARY WESTWOOD
in Winnipeg

There are fewer than two weeks left in this election, and Kevin Settee is feeling overloaded.

He also sounds disgusted. In the 25-year-old's riding, Winnipeg Centre, candidates have been battering each other over who has real street cred — i.e. condemning each other for not living in the riding. NDP incumbent Pat Martin has had to apologize for profane outbursts aimed at competitors (e.g., "political slut" and "son of a bitch").

"It's disrespectful to the constituents," Settee says of the petty politics. Born and raised in the city's west end and a new father to a nine-month-old boy, Settee calls the race "the laughing stock of Canada."

"That's overshadowed a lot of the issues that we experience here in Winnipeg Centre. Real issues aren't being talked about or addressed."

As an urban geography student at the University of Winnipeg, top of mind for Settee is student tuition, debt and job prospects. He speaks of employment as a matter of dignity.

"In Canada, our students have a combined \$16-billion debt for student loans.

That's not even including student lines of credit and credit cards. When students graduate they're going into a precarious job market that doesn't pay good, and it's very difficult for them to start a family or buy a home and start to contribute to the economy."

As a new father, he's also concerned about access to quality child care.

"In the inner city of Winnipeg, there's high rates of poverty and families living in poverty. One of the ways to address that is child care." Single parents or those struggling can go back to school or get training to find jobs if they have child care, he says.

Settee is also concerned about pipeline development, the expansion of the oilsands and the impact of both on climate change.

"I'd like to hear Canada talk about a transition plan. What's the transition going to look like from an economy dependent on fossil fuels and the development of tar sands and moving into more renewable, clean energy sources, such as geothermal, hydro, wind, solar," he says. "In terms of me and my son and my grandchildren, I think we need to start looking at ways to address climate change and protecting water for the next seven generations."

He's got more research to do before deciding how to vote but he says he's skeptical of the NDP's plan to build refineries on Canada's coasts and also criticized the Liberals for supporting Bill C-51.

He'd like to see an MP with a strategy to help increase jobs and economic prospects on First Nation reserves and a strategy to unify support for indigenous Canadians moving to bigger cities. An MP that will improve the integration of immigrants into Winnipeg, too.

"I want to vote for somebody who understands the community, is going to best represent Winnipeg Centre in Parliament, who's going to stand up for services and advocacy that Winnipeg Centre residents need," he says, adding that he'd also like "a government that respects indigenous pluralism and self-determination, on and off reserves."

Settee's not sure if any party can or will change the way indigenous Canadians are treated. "I don't think it's given. I think you need to advocate for yourself and your community. We have to work hard for our rights."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto tomorrow.

Environmental issues 'derailed'

As campaign riles up, leaders shift focus from climate change



Matt Kieltyka
Metro | Vancouver

Recent political bickering has sidelined an otherwise strong showing for environmental issues in this federal election, according to the David Suzuki Foundation.

With huge commitments for transit infrastructure spending by all parties, the NDP's proposed cap-and-trade system, the Liberals' plan to phase out fossil-fuel subsidies and the Greens calling out the other parties for their continuing support — explicit or otherwise — for various pipeline projects, foundation spokesman Alvin Singh is satisfied the environment has worked its way into the public's mind.

"(The leaders) have been talking about how the environment isn't a distinct issue," said Singh, who sees environment, health care and the economy as entwined issues that can't



As the federal leaders have squared off, the David Suzuki Foundation has praised the NDP's plan for a cap-and-trade system as "one of the most powerful government incentives" available to address climate change. THE CANADIAN PRESS FILE

be treated separately. "Across the board, parties are starting to invest in transit infrastructure, and a number of parties are talking about transitioning to a fossil-free future."

The focus on the big picture issues, and the recognition that the environment plays a crucial role in all of them, is progress in itself, according to Singh.

However, talk of the economy, health care and the environment — while featured prominently in the early debates — seems to have been pushed aside in favour of the furor over niqabs, national security and human rights of

late.

As leaders have gotten riled up and the intensity of the campaign has ratcheted up, Singh admits talk of the environment has been "derailed" to some degree, at the expense of what matters most to voters.

According to a recent poll conducted by the Environics Institute and the David Suzuki Foundation, 61 per cent of Canadians believe government should co-operate with other nations to reduce carbon emissions, even if it results in some job losses and higher prices for some goods, and the majority (58 per cent) are in favour of a carbon tax similar to British Columbia's.

When it comes to each party's platform, the David Suzuki Foundation is still crunching the data and preparing their environment report card for after the Oct. 19 election.

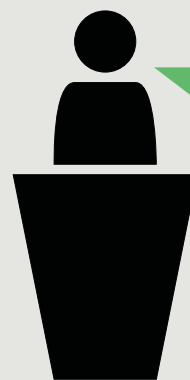
(The leaders) have been talking about how the environment isn't a distinct issue.

Alvin Singh

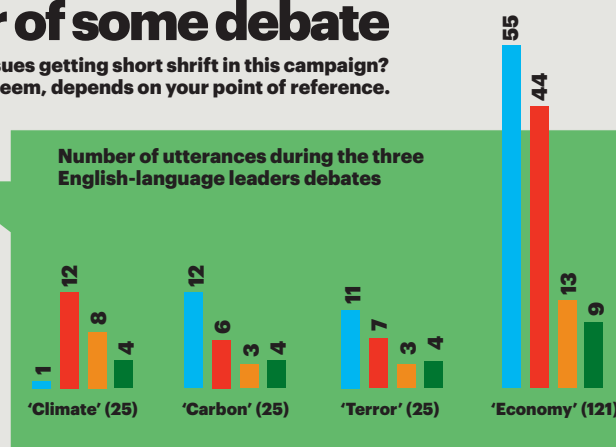
BY THE NUMBERS

A matter of some debate

Are environmental issues getting short shrift in this campaign? The answer, it would seem, depends on your point of reference.



Number of utterances during the three English-language leaders debates



Harper vows wider niqab ban

ELECTION 2015

NDP, Liberals condemn plan as bid to distract voters

Stephen Harper took the politics of niqabs to a higher level Wednesday, suggesting a re-elected Conservative government would consider legislation banning the Muslim face covering for anyone dealing with — or working for — the federal government.

He opened the door earlier in the week with a CBC television interview, saying niqabs could be nixed in the public service — echoing similar comments last week in the French-language leaders' debate.

But on Wednesday, the Conservative leader went further, lauding Quebec's Bill 64, which requires those who wear face coverings to remove them if they want to work in the public sector — or do business with government officials. Although tabled in the National Assembly, the bill has yet to be debated.



Conservative Leader Stephen Harper talks with Rebecka Byk during a campaign stop in Saskatoon, Sask., on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

He called the Quebec Liberal government's approach measured and pledged that when it came time for federal legislation, he would follow their lead.

As if to hammer home the point, the Conservatives re-

leased online attack ads in French, going after Justin Trudeau's position on the niqab.

A proposed ban on niqabs in the federal civil service would affect an infinitesimally small number of bureaucrats — if any

at all. Statistics from 2011 show only 1.8 per cent of 257,000 federal employees are Muslim women and only a small subset of them is likely to wear face coverings.

The Conservatives have al-

WHERE THE LEADERS ARE THURSDAY



• **Stephen Harper's** itinerary was not available.

• **Justin Trudeau's** itinerary was not available.

• **Tom Mulcair** will be in Toronto.

• **Elizabeth May** will be in Guelph, Ont., and Toronto.

ready tried to require Muslim women to show their faces at citizenship ceremonies, but those rules are being challenged in the courts. Harper's comments on Wednesday make clear he is eyeing additional legislation to require women to unveil every time they want services from the federal government.

Harper insisted his government has been "saying the same thing for several months" on the issue.

Both Trudeau and NDP Leader Tom Mulcair condemned the latest proposal as an attempt to distract voters from serious

questions about Conservative management of the economy.

Mulcair said, in Enoch, Alta., that what Harper was doing was "bizarre" and "dangerous" and part of a broader political strategy aimed at getting the Conservatives re-elected by accentuating differences rather than bringing people together. Trudeau, in London, Ont., said Harper's divide-and-conquer approach "is unworthy of the office he holds and he needs to stop."

"No election win is worth pitting Canadians against Canadians."

THE CANADIAN PRESS

MONTREAL

Randy Quaid detained again

American actor Randy Quaid has been arrested again and is scheduled to appear before the Immigration and Refugee Board in Montreal on Thursday.

The circumstances behind the arrest — his second in Montreal this year — are unclear, but his Canadian wife, Evi, tweeted late Tuesday that her husband had been detained.

Quaid told The Associated Press he has a deportation order for Tuesday, and Thursday's hearing is about whether he can remain in the country.

Immigration and Refugee Board spokesman Robert Gervais said Quaid will have a detention review hearing before a board member Thursday afternoon, a routine procedure that occurs typically within 48 hours of someone being detained.

A Canada Border Services Agency spokeswoman was unable to provide any further details on Wednesday about the detention.

Quaid, 65, and his wife fled north of the border in 2010, saying they were the victims of per-

secution.

The couple have sought to stay in Canada and have said they were being hunted by "Hollywood star-whackers," but their arrival in this country came as they faced a number of legal problems in the United States.

Santa Barbara Senior Deputy District Attorney Lee Carter said Wednesday there is an active extradition order for Quaid on a felony vandalism case, and prosecutors would be seeking his extradition if he's returned to the United States. THE CANADIAN PRESS

TRAILER PARK BOYS

Video pushes students to vote



If you don't vote, you're a s--- weasel. That's the message from drunk trailer park supervisor Jim Lahey and his cheeseburger-loving partner in crime Randy in a new video from the Dalhousie Student Union in Halifax.

"My job today is to encourage all you little s--- apples to get out and vote," says

Lahey, played by actor John Dunsworth, in the video.

Lahey tells Randy that students can have an effect on the outcome of the upcoming election if they vote.

Randy, played by actor Pat Roach, asks if Lahey will be running for prime minister, and says he'll be voting for the Cheeseburger Party. The video is part of the student union's #itsnosecret campaign, urging students to get to the polls.

Polls are set up at Dalhousie this week till Thursday at 8

66

My job today is to encourage all you little s--- apples to get out and vote.

John Dunsworth

p.m., allowing students to vote in their home ridings.

The Cheeseburger Party, unfortunately for Randy, won't be on any of the ballots.

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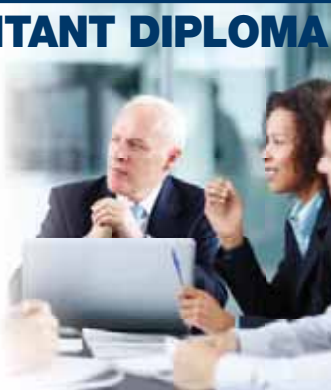
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Tony Turner, former Environment Canada scientist, got suspended for his anti-Stephen Harper folk song. THE CANADIAN PRESS

‘Harperman’ getting its groove back

ELECTION 2015

Songwriter, scientist turns accidental activist



Michael Woods
Metro|Ottawa

It has been a whirlwind few weeks for Tony Turner. The federal scientist was suspended from his Environment Canada job eight weeks ago and investigated for writing the Harperman protest song. The song took off, garnering more than 680,000 YouTube views and sparking nationwide sing-alongs last month. Last week, Turner retired, making him free to speak publicly. This interview has been edited and condensed for length and clarity.

Did you expect the song to become as big as it was?

I didn't expect the song to go viral the way it had. I wrote that song way back in March. I played it for the first time at a May Day rally and I thought that was going to be the end of it. I think there were other people who saw a political usefulness that could be made of the song, so we did the video and then we put it on YouTube. I guess my suspension cre-

ated the big news story that made it go viral.

Why did you decide to write it?

I was just unhappy with the prime minister and our leadership in this country. The song-writing contest was to write either a protest song or a song of hope, and I thought, well, this is an election year so I'm going to write a protest song.

I found the inspiration for it from a social justice newsletter with a dozen things the Harper government has done to undermine democracy, and I added to it.

Did you think you would face professional consequences for writing it?

I wrote it and I performed it, but other people promoted it, created the website and organized events like the national sing-along day on Sept. 17. The allegations of the government suggested that I kind of master-minded the whole thing, and that's just totally inaccurate. Anything I wrote or said has nothing to do with the nature of my job. Environment Canada's values and ethics code says that you have to maintain your impartiality and your objectivity in your duties. I've done that. Has my ability to do my job in an impartial and objective manner been compromised? I would say no, and my union agrees with me.

HEALTH

Ovarian cancer drug a 'great advancement'



Lucy Scholey
Metro|Ottawa

Canadian women battling recurring ovarian cancer diagnosis now have another treatment option.

Health Canada approved Avastin, a targeted therapy that blocks the blood vessels cancer cells need to grow and metastasize. In Canada, it's

the first new drug for ovarian cancer in 15 years.

Dr. Michael Fung-Kee-Fung, division head of surgical oncology at the Ottawa Hospital, calls it a "great advancement."

"Avastin is an example of a drug which has actually made its way through the investigation phases to actually come to clinical practice," he said.

The drug is taken intravenously and in parallel with chemo treatments. It's "ex-



I'm hanging in there for the cure.

Deborah Canham, who is battling ovarian cancer

tremely well tolerated," said Dr. Fung-Kee-Fung, with side effects like high blood pressure.

This year, about 2,800 women will be diagnosed with

ovarian cancer and about 1,750 will die from the highly aggressive disease.

Deborah Canham is one of 15 out of 100 women still battling ovarian cancer almost six years after her diagnosis. The Ottawa resident went to the doctor after noticing a hard lump on her right side. An ultrasound revealed the hard news: She needed an emergency hysterectomy at the age of 49.

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Flood danger persists

SOUTH CAROLINA

Storm could 'break the bank,' says senator

Rivers rose and dams bulged Wednesday as South Carolina faced another anxious day of waiting for the floodwaters to recede, and dive teams searched for two people who disappeared in waters after they drove around a barricade.

Along the coast, residents prepared for a second round of flooding as rivers swollen from days of devastating rains make their way toward the Atlantic. In the Columbia area, where some returned home to assess damage and clean up, the threat of more flooding still hadn't lifted.

About 1,000 residents near the compromised Beaver Dam were told to evacuate Wednesday morning, though the order was lifted several hours later when crews shored up the dam.

U.S. Senator Lindsey Graham warned the disaster could



Flooding surrounds homes in the Carolina Forest community in Horry County, between Conway and Myrtle Beach, S.C. JANET BLACKMON MORGAN/THE SUN NEWS VIA THE ASSOCIATED PRESS

"break the bank" of federal emergency funds, possibly topping more than \$1 billion.

At least 17 people in South Carolina and North Carolina have died in the storm.

Gov. Nikki Haley took an aerial tour of damaged areas Tuesday, and planned

to visit the coast Wednesday afternoon.

"We are watching this minute by minute," she said. She said evacuations may be needed toward the coast because of swollen rivers.

At a shelter in Columbia, Graham said it would take

weeks to get a good damage assessment.

"We're talking hundreds of millions (of dollars), maybe over a billion," he said.

On Tuesday, the governor said it could be "any amount of dollars."

THE ASSOCIATED PRESS

HURRICANE JOAQUIN

Search called off for missing crew

The Coast Guard plans to end its search at sunset for 33 missing crew members from a U.S. cargo ship that sank last week during Hurricane Joaquin, officials announced Wednesday afternoon.

Robert Green, father of missing crew member LaShawn Rivera, said despite the decision, "I think we're still hopeful. Miracles do happen, and it's God's way only. I'm prayerful, hopeful and still optimistic."

The 790-foot cargo ship sank Thursday off the Bahamas during Hurricane Joaquin, a Category 4 storm with 225-km/h winds that was producing 15-metre waves. Officials say the ship's captain had plans to go around the storm as he headed from Jacksonville, Florida, to Puerto Rico but the El Faro suffered unexplained engine failure that left it unable to avoid the storm.

Earlier, federal investigators said they still hope to recover a data recorder — which begins

ping when it gets wet and has a 30-day battery life — from the ship as search crews continue looking for any survivors.

The National Transportation Safety Board sent a team to Jacksonville on Tuesday to begin the agency's inquiry, which will help determine why the captain, crew and owners of El Faro decided to risk sailing in stormy waters.

Another question is whether the five workers whose job was

to prepare the engine room for a retrofit had any role in the boat's loss of power, which set the vessel adrift in the stormy seas. Officials from Tote Inc., the vessel's owner, say they don't believe so.

But the question — along with the captain's decision to plot a course near the storm — will help investigators figure out why the boat apparently sank near the Bahamas, possibly claiming the lives of all 33 aboard.

THE ASSOCIATED PRESS



Miracles do happen, and it's God's way only. I'm prayerful, hopeful and still optimistic.

Robert Green

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Relatives watch as Romulo Coelho holds his newborn daughter, birthed via cesarean section at the Perinatal Clinic in Rio de Janeiro, in 2012. THE ASSOCIATED PRESS FILE

Wealthy Brazilians demand C-sections

SOUTH AMERICA

Procedure has become a status symbol

Thais Faria sank into a leather love seat, relaxing under the ministrations first of a masseuse, then a manicurist and finally a hairdresser-cum-makeup artist. Not 24 hours after her daughter was born via caesarean, Faria was being pampered at an upscale Rio de Janeiro maternity clinic.

Caesarean births aren't typically associated with luxury. But the procedures have become de rigueur among Brazil's wealthy, with new mothers at some high-end clinics enjoying beauty treatments after the operation in a culture that has come to regard births as glamorous social events — equal parts spa, cocktail party and family get-together. In private clinics nationwide, C-sections account for more than eight of every 10 births.

Authorities want to turn the tide on what Health Ministry officials have called an "epidemic" of caesarean births in the country, with Brazil now the world's No. 2 recipient of C-sections, second only to China in raw numbers. They have designed new rules aimed at discouraging the procedure when it's medically unnecessary, saying C-sections dramatically raise the risk of respiratory problems for the infant and death for the mother. C-sections aren't more costly

than natural births, but many Brazilian doctors prefer to perform surgeries, which end up being more lucrative and more convenient over the long run because they can be scheduled during regular work hours.

The vast majority of Brazil's mothers-to-be also prefer C-sections, which have become something of a status symbol.

Even in the country's poor public hospitals, where any Brazilian can seek free health care, C-sections represent around 40 per cent of deliveries — more than the United States' 33 per cent caesarean rate, which public health experts consider high. In France, C-sections account for around 20 per cent of births; in

Ostensibly aimed at bolstering new mom's self-esteem, Shiatsu massages, mani-pedis and makeovers to prepare fatigued new mothers for their close-ups are included in the standard package at the Perinatal.

With its uniformed bellhops pushing luggage-laden roller carts and a cafe serving flutes of Champagne, the clinic more resembles a boutique hotel than a hospital.

In clinics like Perinatal, most new mothers have medical insurance that cover the \$4,200 price tag of the C-sections, plus a three-day stay in a private room. But that cost can rise considerably.

Women with deep pockets



The very special first meeting of mother and child has been transformed into a party.

Dr. Marcos Dias

Sweden, 17 per cent.

"The very special first meeting of mother and child has been transformed into a party. And any party has to have a specific time and place, so hence the cesareans," said Dr. Marcos Dias, a Rio obstetrician who advocates natural childbirth.

At the Perinatal private clinic, where Faria gave birth to her first child, women reserve their spot upon learning of their pregnancies, booking their caesareans months in advance.

Fridays are the most popular, because they allow for weekend visits by friends and family.

can also choose from a selection of pricey extras including personalized room decorations that average about \$400, camera and video crews to document the big event and in-room catered buffets costing about \$200-\$400.

For an extra \$270, they can rent the Cine Perinatal, a private room where up to 14 guests can follow the birth on a giant flat screen TV as they nibble on hors d'oeuvres.

The clinic's seven deluxe suites aren't covered by health insurance and run an extra \$500 for the standard three-night stay.

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NOBEL PRIZE

DNA research honoured

Three scientists from Sweden, the U.S. and Turkey won the Nobel Prize in chemistry on Wednesday for showing how cells repair damaged DNA, work that's inspired the development of new cancer treatments.

Swedish scientist Tomas Lindahl, American Paul Modrich and U.S.-Turkish national Aziz Sancar shared the 8 million Swedish kronor (about \$960,000) award for research done in the 1970s and '80s.

The Royal Swedish Academy of Sciences said their work on DNA repair had provided "fundamental knowledge" about how cells function and shed light on the mechanisms behind both cancer and aging.

The findings are significant for cancer research, because cancer cells are kept alive by DNA repair mechanisms. Researchers are now looking at ways to destroy the repair mechanisms within the cancer cells to kill them, academy member Peter Brzezinski said.

THE ASSOCIATED PRESS

Obama apologizes

AFGHANISTAN

U.S. airstrike hit hospital, killing staff and patients

U.S. President Barack Obama apologized to Doctors Without Borders on Wednesday for the American air attack that killed at least 22 people at its hospital in Afghanistan and said the U.S. would examine military procedures to look for better ways to prevent such incidents.

Obama's telephone call to the group's international president, Joanne Liu, came a day after the White House had stopped short of an apology, waiting to learn more while acknowledging that the attack was a U.S. mistake.

White House spokesman Josh Earnest said Obama offered condolences to the staff and pledged a "transparent, thorough and objective accounting of the facts."

"When the United States makes a mistake, we own up to it, we apologize where appropriate and we are honest about what transpired," Earnest said.



U.S. President Barack Obama speaks in the East Room of the White House in Washington on Wednesday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

He described Obama's apology as "heartfelt."

Liu confirmed the apology and, in a written statement, reiterated her organization's call for the U.S. government to consent to an independent investigation "to establish what happened in Kunduz, how

it happened and why it happened."

Emerging details about the erroneous strike have only fuelled growing condemnation by Doctors Without Borders and other aid groups in the four days since the clinic in the northern city of Kunduz came under heavy fire

that killed a dozen staffers and 10 patients. After initial confusion, officials determined the U.S. had carried out the strike, an admission that complicates delicate U.S. efforts in Afghanistan as Obama weighs how many troops to leave there.

THE ASSOCIATED PRESS

PALLIATIVE CARE

Britain tops in 'quality of death'

Britain topped an 80-country "quality of death" study released Tuesday, which warned that aging and booming populations would make palliative care a growing worldwide issue.

The 2015 Quality of Death Index, compiled by the London-based Economist Intelligence Unit, found Britain to be the best at palliative care.

"Its ranking is due to comprehensive national policies, the extensive integration of palliative care into the National Health Service, a strong hospice movement and deep community engagement on the issue," the EIU said.

Britain was followed by Australia, New Zealand, Ireland, Belgium and Taiwan. Canada came in at 11th place.

Palliative care provision was found to be worst in Iraq among the 80 countries studied, with Bangladesh, the Philippines, Nigeria and Myanmar rounding out the bottom five.

AFP

ISRAEL

Civilians stabbed

Palestinian assailants carried out a series of stabbings across Israel on Wednesday, jolting an anxious country unnerved by weeks of unrest as clashes between Israeli forces and Palestinian demonstrators raged across the West Bank.

The unrest began three weeks ago and has spread from the confines of a sensitive Jerusalem holy site to spots across Israel and the West Bank. In Wednesday's violence, stabbings occurred outside a crowded mall in central Israel, in a southern Israeli town and in the

Old City of Jerusalem.

Israeli forces shot two of the attackers, killing one, while a third was arrested. No Israelis were seriously hurt. Another Palestinian was wounded when he was shot by police after he attempted to run over an officer at a West Bank checkpoint, police said.

In all, four Israelis have been killed in stabbings and a roadside shooting in recent days, while five Palestinians, including three attackers, have been killed.

THE ASSOCIATED PRESS



IN BRIEF

Five arrested over elephant poisoning

A Zimbabwean wildlife official says five people are in police custody and being questioned over the killing of 11 elephants poisoned by cyanide at Hwange National Park in the west of the country.

In addition to the elephants killed at Hwange park, three others were poisoned by cyanide near Kariba in northern Zimbabwe in the past two weeks.

THE ASSOCIATED PRESS

Holocaust photo archive going online and free

The International Tracing Service says it has begun putting its Holocaust-era archive online for the first time, including photos of items seized from concentration-camp victims and other historical documents.

The archive said Wednesday the materials are now available at no charge on its site. The 50,000 images posted so far represent only a small part of its collection of some 30 million documents.

THE ASSOCIATED PRESS

SYRIA

Cruise missiles fly in Russian offensive

Russian warships in the Caspian Sea fired cruise missiles Wednesday as Syrian government troops launched a ground offensive in central Syria in the first major combined air-and-ground assault since Moscow began its military campaign in the country last week.

The missiles flew nearly 1,500 kilometres over Iran and Iraq and struck Raqqa and Aleppo provinces in the north and Idlib province in the northwest, Russian officials said. The

Islamic State of Iraq and the Levant group has strongholds in Raqqa and Aleppo, while the al-Qaida-linked Nusra Front has a strong presence in Idlib.

Activists and rebels say the targets have included Western-backed fighters and other groups opposed to President Bashar Assad.

The developments come a week after Russia began airstrikes in Syria, its longtime ally, on Sept. 30.

THE ASSOCIATED PRESS

MIGRANT CRISIS

EU to send home unsuccessful refugee applicants

European Union countries are closing in on an agreement Thursday to crack down on migrants who have been refused entry into the bloc so they can be swiftly sent home.

A key issue will be to ensure there are tougher measures to put those who have to leave in pre-departure detention to make sure they don't disappear to live illegally in EU nations.

More than 500,000 people have arrived this year seeking sanctuary or jobs, spark-

ing the EU's biggest refugee emergency in decades.

But of people who fail to obtain asylum or residency in the 28-nation EU, less than 40 per cent actually go back. It is seen as a major flaw in the EU's common migration policy.

At Thursday's meeting in Luxembourg, EU interior ministers will agree "all measures must be taken to ensure irregular migrants' effective return," according to a draft statement.

Those measures include the "use of detention as a legitimate measure of last resort."

With thousands of people arriving daily, border and reception facilities have been stretched to the breaking point. Ensuring returns is seen as one way to ease the pressure.

According to the draft statement, EU countries plan to spend roughly \$1.2 billion up until 2020 on returning people who enter Europe illegally.

Better use will be made of

Europe's visa and fingerprint databases, and countries will ensure that all decisions to send people home are entered into the Schengen passport-free area's computer system.

Countries will agree to "reinforce their pre-removal detention capacity to ensure the physical availability of irregular migrants for return" — long-hand for building more detention centres to lock people up in so they can be sent home more easily.

THE ASSOCIATED PRESS



Migrants are permitted to register with the police at a refugee centre in the southern Serbian town of Presevo on Wednesday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

'Blue Jay flu' just won't fly

EMPLOYMENT

Bosses also likely won't accept baseball as a religion

Though you may be tempted to book off work Thursday or Friday with "Blue Jay flu," you're better off just catching updates at your desk, advises David Doorey, professor of labour and employment law at York University.

Torstar News Service asked him what bosses will think of this sudden illness.

Can employees get away with calling in sick?

A different sort of bird flu is going around, but don't expect bosses to be sympathetic. Any employee who lies about being sick to sneak off to the sports bar is putting their job at risk.



Fans are hyped up to watch the Blue Jays take on the Texas Rangers on Thursday and Friday in the Toronto team's first playoff games in 22 years. THE CANADIAN PRESS FILE

What are the repercussions if you're caught?

Dishonesty and unauthorized absenteeism are both violations of an employment contract that an employer could respond to by discipline or

even termination. Non-union employees have less protection because their employers can always fire them for absenteeism, unless the absence is due to a disability or religion. Baseball may be a religion to

some, but the law doesn't see it that way. If a group of unionized employees scheme to all call in sick and watch the game together, that would be an illegal strike that could result in discipline, termination and

even an order to pay the employer damages for lost productivity.

From the boss' perspective, is this heavily frowned upon?

Taking the odd day off is one thing. Lying to the employer about the reason for the absence is quite another. Dishonesty is treated as a serious breach of the employment contract, and most employers have little tolerance for it.

What about just watching the game at work: Is this acceptable in the workplace?

Depending on the work environment, allowing your employees to watch the game at work could be a great morale-building human-resources strategy.

This obviously wouldn't work for all workplaces, since it will mean a very unproductive four hours.

TORSTAR NEWS SERVICE

IN BRIEF

Real-estate investors shifting focus: Report

A PwC Canada and Urban Land Institute report on real-estate trends says both foreign and domestic real estate investment will shift in 2016 from Western Canada, where falling oil prices are hurting growth, to the east, where the low loonie is boosting manufacturing.

THE CANADIAN PRESS

market minute

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DOW JONES: 16,912.29 (+122.10)

MEDIA

Tech firms seek to speed up news

Technology giants including Apple, Facebook, Snapchat and now Google want to take charge of how we get and see news on our phones.

Google on Wednesday was the latest company to announce a news-focused tool. It is designed to speed up how fast stories appear on a phone's screen after a Google search. It's not widely available yet but could emerge as a key source of traffic and ad revenue for publishers, and not just news providers, as people increasingly rely on their handheld gadgets.

Google is following other trendsetters that already have put their own twists on how news flows through phones. Facebook in May started test-

+ DIGITAL TREND

Phones, tablets draw more readers than computers

Out of 51 top digital news outlets — which included video-heavy sites, online arms of traditional news-

papers and digital-only brands — only nine had a bigger audience on personal computers than on phones or tablets, says the Pew Research Center.

ing "Instant Articles," which load news stories faster from a handful of publishers, like the New York Times, BuzzFeed and the Washington Post, inside the social network's mobile app.

Apple's News app, which came automatically built-in to the latest version of its mobile operating system (released last month), has stories from dozens

of media brands.

The Discover feature of disappearing-messages app Snapchat, launched in January, currently has stories and video from 14 media brands, including CNN, Mashable, BuzzFeed, People and Vice.

Phones and tablets are becoming more important to publishers, but stories and video

can take several seconds to load on the mobile web, to the exasperation of impatient readers and revenue-starved publishers that may lose an opportunity to sell ads.

Facebook is speeding up how fast articles from participating publishers load. The feature is supposed to save at least several seconds because the news articles appear immediately.

Google's version speeds up stories clicked on after a Google search or in a Twitter feed, for example. Snapchat's popularity with young people came from its disappearing-messages function before it started Discover, which you swipe over to when you're already inside Snapchat.

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NOTICE OF HEARING FOR Permanent Guardianship Order To: Paige Lightning

Take notice that on the 15th day of October 2015 at 9:30 a.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **May 21, 2015**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR Permanent Guardianship Order To: Lane Bohning

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Researchers find missing lines of the 3,000-year-old Epic of Gilgamesh on a tablet bought from a smuggler — under a ‘no questions asked’ rule some archeologists worry encourages black-market trade.

CHANTAL HÉBERT: ON THE NIQAB DEBATE



“With a deal to create a free-trade zone across the Pacific Rim, the assumption was that the Conservatives would want to shift the conversation away from identity politics.”

Against the expectations of many — including some of his own strategists — Stephen Harper has thrown the niqab issue back into the mix of the last stretch of the federal campaign.

With a deal to create a free-trade zone across the Pacific Rim in hand, the assumption was that the Conservatives would want to shift the conversation away from identity politics and back to the more central theme of the economy.

Instead, in a CBC interview on Tuesday, Harper breathed new life into the niqab discussion, suggesting a re-elected Conservative government might follow Quebec’s example and ban the face-covering veil across the federal workplace.

That comment predictably stole the show from the just-negotiated Trans-Pacific Partnership.

Harper had raised the possibility of imposing a niqab ban on federal civil servants — and those that they provide services to — on a stop in Quebec last week and, in passing, on the set of the last French-language leaders debate on Friday.

But Tuesday’s CBC interview marked the first time he was as explicit on English-language national television on both the pursuit by the Conservatives of a niqab ban for the purpose of taking the oath of citizenship and the notion that the prohibition might be expanded.

It could be argued that Harper was just answering questions. But he is a seasoned politician.

He could have limited his remarks to the ongoing government efforts to have Muslim women unveil their faces to take the oath, the better to

focus on his trade deal.

He had to have known that his niqab answer would stir the pot.

On Wednesday in Saskatoon, Harper pushed the envelope a bit further, calling the Quebec plan for a comprehensive niqab ban a “responsible” one.

By all indications, the Conservatives believe there is still political capital to be gained from a culture war over the niqab.

But as they expand the front of that war from Quebec to the rest of Canada, they are also shifting targets.

Their latest French-language ads take Justin Trudeau to task for opposing a niqab ban.

In contrast with NDP Leader Thomas Mulcair, who has taken a hit over his opposition to a veil ban in Quebec, Trudeau, who shares the same

position, has so far emerged unscathed.

He picked up a major editorial endorsement from La Presse this week. It is the first time since 2000 that the Montreal daily explicitly endorsed the Liberals in a federal election.

Some polls have Trudeau in the lead in Ontario. Most have the Conservatives and the Liberals neck-and-neck nationally.

Going into the last two weeks of the campaign, Harper strategists may have hoped that the Liberal leader would join Mulcair on the TPP barricades.

Harper could then have spent the last stretch defending the projected benefits of his trade agreement against all comers. He could have counted on a chorus of pro-TPP constituencies to echo his message. Except that the

Liberal leader has declined to come out against the trade deal.

Raising the niqab stakes in an effort to drag Trudeau down is not a risk-free strategy. The widespread support for the removal of face-covering veils for the taking of the citizenship oath is steeped in symbolism. Banning women who wear the niqab from working in the federal civil service and from receiving government services unless they unveil could be widely seen as a different proposition.

In the immediate aftermath of Harper’s CBC interview, some observers mistakenly suggested the Conservative leader was stealing a page from the Parti Québécois’ secularism charter. In fact, it is Liberal Premier Philippe Couillard’s example that Harper might follow.

The Parti Québécois would have imposed a secular dress code on anyone working in Quebec’s public sector. Its proposed ban would have applied — among other religious garments — to the Jewish kippa, the Muslim hijab and the Sikh turban. Like Harper, the Quebec Liberals are focusing on face-covering veils in their bill.

But if the Conservative leader’s statements had some otherwise well-informed pundits initially confused, more than a few voters — particularly in the cultural communities that will determine the outcome of the crucial suburban vote later on Oct. 19 — could understandably feel less than clear about the extent of Harper’s actual intentions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

metroview

Old age: It’s going to happen to you. And most of us aren’t ready



Diane Baker Mason
For Metro

You think it won’t happen to you. You won’t end up warehoused in some underfunded institution. You’ll live at home, maybe hire a helper. If you must, you’ll move to a nice facility with superlative care. As for the cost, the government covers that, right?

Wrong. Most Canadians are under the illusion their long-term care is covered by government plans. But anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire — a patchwork of services and facilities, with limited (if any) government support. There are waiting lists, inconsistent qualification procedures and significant expense for both institutional and in-home care. It is easy to fall through the gaps.

Rarely are private savings and insurance adequate to pay for our care. Usually the cost far exceeds the average person’s savings. As for insurance, fewer than one per cent of Canadians purchase coverage for long-term care, possibly thinking it’s not

something they have to pay for.

But we do pay, mostly from our own private funds. If that’s inadequate, we are often thrown into a semi-subsidized system with many gaps in it.

While it should be a national priority that quality long-term care be available to every Canadian, Canada’s plans for establishing and funding universal long-term care are virtually nonexistent. The federal parties speak mostly about the Canada Pension Plan and Old Age Security. Only the NDP promises a revised health accord that might address some long-term care issues.

But even a revised accord would not solve the funding problem. The answer lies in a public insurance plan. Such a plan would cover assistance with daily living as well as out-of-hospital professional services beyond those covered by the Canada Health Act. Studies by public-policy groups have explored options for such plans. But we continue to turn a blind eye to the problem of funding our increasing need for long-term care.

This isn’t something remote from us — something that a separate group of “old people” are facing. We are the “old people.” If it’s not our personal problem right now, it will be soon enough. So let’s all start looking at this now. To paraphrase that wise old man, Mick Jagger, time is not on our side.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

Anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire.

THE MICROTREND: Hallomeme costumes



Everyone has at least one Newsfeed Nancy in their life — a friend who is instantly on top of every viral sensation, whether it be a New York City rat toting a piece of pizza home on the subway, the dear departed Cecil the Lion, or The Dress of indeterminate colour. Now all those phenomena and more are available for the perpetually on-trend as commercially made Halloween costumes. If you’re a bit more ambitious and willing to go homemade, the possibilities are endless; there’s still plenty of time to pull together a disguise as a Labrador riding a bus, an excited weatherman or a pumpkin-spice latte before Oct. 31.

SOURCE: HOUSTON CHRONICLE

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Meyer wouldn't change a thing

BOOKS

Characters switch roles in new Twilight novel

Call them Edythe and Beau.

For the 10th anniversary of her Twilight series, Stephenie Meyer is offering a gender swap for those millions caught up in the saga of Bella and Edward.

Little, Brown Books for Young Readers on Tuesday released a Twilight/Life and Death dual edition of Meyer's first of four main novels in the bestselling vampire series. The original book has been paired with Life and Death, a narrative that reverses the author's famed romance between a teen girl and male vampire, instead having a human boy (Beau) fall for a female vampire (Edythe).

According to Little, Brown, the alternate version contains nearly 400 pages of new material. As of late Tuesday morning, the book was in the top 500 on Amazon.com's bestseller list.

THE ASSOCIATED PRESS

Stephenie Meyer.
GETTY IMAGES



TWILIGHT

... Except for one significant detail about the popular vampire series

It's been a decade since Stephanie Meyer — a then unknown author — introduced her death-crossed lovers Bella and Edward to readers in the first book of the Twilight series.

But, four books, five movies and 10 years later, has the romantic story of a young woman falling in love with a vampire lost its sparkle in a world where Miley Cyrus twerks on MTV and feminist young women want to be the heroes of their own stories?

This old-fashioned girl-meets-boy story has spawned fan fiction, including E.L. James' Fifty Shades of Grey (just don't ask Meyer to comment on it — she wouldn't address it with us), and criticism about Bella's passive personality in the series.

Metro recently had an exclusive opportunity to email Meyer a few questions about how this series has held up in a changing world, and how readers were affected by her works.

Fans of the series will be very interested in the bonus content included in the 10th anniversary edition. What can you tell us about it? Is there anything you think will come as a revelation to readers?

The bonus content is Twilight rewritten with all but a few of the characters' genders switched. It is very close to the original version, because not much changes when the human is a boy and the vampire is a girl (which was kind of my point in doing this exercise). If readers have the same response that I did, they might be surprised at how cool Edward is as Edythe.

It was a decade ago that the series started, and a large number of women grew up reading the books and watching the movies. This was a love story, but it wasn't explicit or smutty. It was romantic more than anything. Have readers have told you how it affected them and their ideas about love?

Readers really haven't discussed with me how Twilight affected their ideas of love, probably because we're all aware that this is just fantasy. I can say, however, from the interactions I've had with readers at signings, there seem to be a couple of common ways that Twilight has impacted

people. For many, Twilight was an awakening or reawakening to the enjoyment of reading for pleasure; many readers went on to become much more active readers across many genres. Also, many

readers have expressed to me that they've made lifelong friends through discussing Twilight online with other readers. Another frequent comment is that Twilight prompted the reader to start writing her own story. All of these responses make me really happy.

In recent years we have seen a rise in feminism among young women. Do you think the Twilight series — and Bella and the choices she makes — would still resonate with readers 10 years later?

People still seem to really enjoy the experience of falling in love, so I would say yes. Love stories will always have a place for some readers.

If you did write it today, what choices would you make differently about the plot, the characters?

Having just rewritten the story for the 10th anniversary edition, I can safely say that I know I wouldn't change much. I would (and did) change some clunky words, and add in some fun things that I thought of later. Twilight was a fun writing experience. I think my approach has always been and probably will always be to have fun and entertain myself. METRO CANADA



BLISS

Real-life pals write about life as twentysomethings

Before Shay Mitchell got her big break on Pretty Little Liars, she was a bottle service girl in Toronto, booking parts when she could. Working a soulless job just to pay the bills? She's been there. Friend drama? She's had her share of that, too. Devastating heartbreak? Definitely.

All the ups and downs helped inspire Mitchell's new novel, Bliss (out today), which she wrote with her best friend, video blogger Michaela Blaney.

"Michaela and I got together and were just talking about the past and all the crazy experi-

ences that made us who we are today," Mitchell tells Metro US. "We started jotting down ideas and thought, we could write a book about this. So that's kind of what we did."

Similar to Lauren Conrad's L.A. Candy series, Mitchell says much of what happened in the book actually happened to them, but they heightened the drama, which is where the fiction-element comes in. One character represents Mitchell, one represents Blaney and a third character is a composite of various people they know.

At it's crux, Bliss is about friendship more than anything else — and it isn't always pretty. "Friendships go through ups and downs just like a romantic relationship does," Mitchell says. "Michaela and I have certainly had our fair share of ups and downs. We had our fair share of ups and downs writing this book!"

Mitchell's goal wasn't to make characters people liked. Instead, she wanted to make them real, showing both their good and bad sides. "None of these girls are bad girls," Mitch-

ell says of the characters.

"They're just trying to find their 'bliss' while living in their 20s." METRO US

Pretty Little Liars star Shay Mitchell, right, and best friend vlogger Michaela Blaney, left, are the authors of Bliss. GETTY IMAGES



Things that go bump in the night

NINO RICCI

Author's latest a disturbing look at realm of sleeplessness

For Nino Ricci, imagining the last words of a novel usually inspires the story he wants to tell. His new book *Sleep* was no exception.

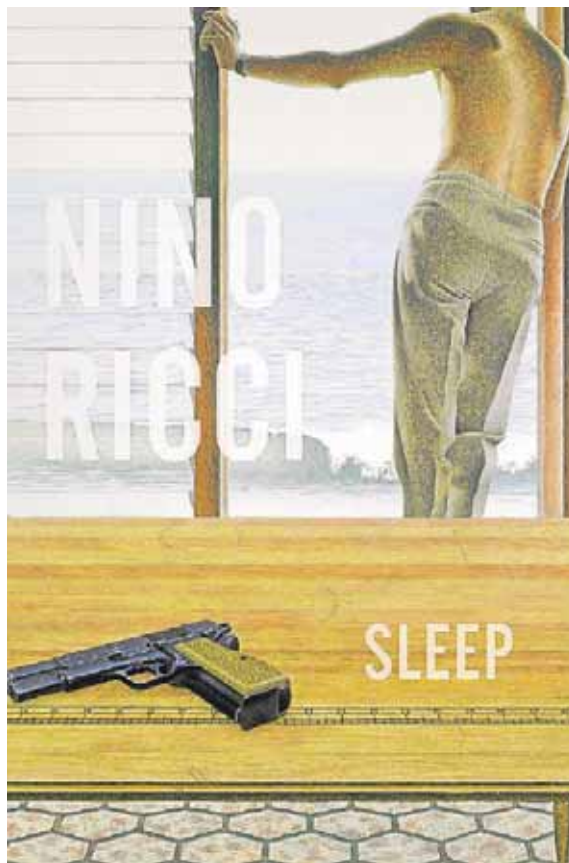
"What came to me first was the book's ending — and the book's last line really — and I thought, 'Yeah, that seems to have resonance. Now I just have to figure out how my character ends up there,'" says Ricci, who won Governor General's Awards for Fiction for his novels *Lives of the Saints* and *The Origin of the Species*.

"Most of my books actually work that way — that I get a final image of some sort and I can feel the feeling in that situation and then I try and unspool the story from that."

Sleep, a disturbing look at a history professor's descent into the realm of sleeplessness, starts with a near-tragedy, keeps the reader on edge throughout, and ends explosively.

David Pace has a successful career with a beautiful wife, who's also an academic. They have a young son and a gorgeous home.

But David begins to have trouble sleeping, then falls asleep at inopportune moments. After he's diagnosed with a sleep disorder, he increasingly relies on pharma-



ceuticals and engages in deviant sexual behaviour.

Ricci suffers from sleep problems, but any other similarities with the protagonist end there, says Ricci during an interview at the office of publisher Doubleday.

"He's a more extreme char-

acter than I am and also has more extreme interpretations than I do. We have to take his depictions with a bit of a grain of salt, but it's all drawn from things I've actually been through myself and experienced first-hand," Ricci says.

David grows increasingly jealous of his wife's academic success and his twin brother's amassing wealth. He alienates colleagues, has financial problems and becomes obsessed with guns.

Ricci, who has been awarded the Order of Canada, lives in Toronto with his wife and 14-year-old son. He loves

WRITING WHAT YOU KNOW



TORSTAR NEWS SERVICE ILLUSTRATION

If Ricci's descriptions of sleep clinics seem realistic, it's because the author suffers from a sleep disorder diagnosed about 10 years ago.

But any other similarities with the protagonist end there, says Ricci during an interview at the office of publisher Doubleday.

The 56-year-old author, who has taught Canadian studies at Princeton University, says he can now "function quite normally" with narcolepsy.

"I was very worried at the outset about pump-

ing my body full of all these chemicals, but I don't think it's affected my creative process. I went through trying different medications and there was one I tried where I couldn't write," he says.

"I would sit down and I would write a sentence and it wouldn't seem right. I'd write it a different way and by the end I'd have 12 versions of it and I couldn't decide which was the right one.

"It was very paralyzing, as if I'd lost the big picture or a sense of esthetic judgement."

watching films in his spare time.

"In another life I would have liked to be a film director, but I would never have the authority to command a film set. That's just not my personality," he says.

"But there's a part of me that always wanted to go in that direction because film is so much the medium of our time."

Ricci dedicated *Sleep* to Canadian novelist, filmmaker and musician Paul Quarrington, his close friend who died of lung cancer in 2010 at age 56. Quarrington and his wife

introduced Ricci to his wife. They had children around the same age, and the two families took holidays together.

"He knew everyone — he knew everyone in the writing world, he knew people in the music world and the film world, so all I had to do was hang out with Paul and my social life was taken care of. Just go wherever Paul went. And I knew whenever I went anywhere Paul was there, that I was kind of safe, like he was like my godfather.

"My life feels very diminished since he died," he says.

THE CANADIAN PRESS

SHAKESPEARE

Authors reimagine the Bard

This week sees the publication of the first instalment in a multi-year project to mark the 400th anniversary of William Shakespeare's death, with authors including Jeanette Winterson, Gillian Flynn, Howard Jacobson and Margaret Atwood putting a contemporary spin on the Bard's classics.

Winterson's reimagining of *The Winter's Tale*, called *The Gap of Time*, came out Tuesday and sets the publishing project in motion, with an approach of staying true to the original play while bringing something new to it.

In the original *Winter's Tale*, a king's jealousy results in his baby daughter being banished and the death of his wife. His daughter is raised on the Bohemian coast, but a series of events reunite them all.

Winterson's version sets the story in London in 2008, when the city is reeling from the financial crisis. Standing in for the Bohemian coast is New Bohemia, a fictional storm-ravaged U.S. city with similar to New Orleans.

The Guardian notes "how readily the plot translates to a modern context" and says that Winterson has captured the essence of the original "with evident respect and affection for Shakespeare's text, and made it new with her own bold and poetic prose and her insights into love and grief."

In 2016, the 400th anniversary year, look for Jacobson's *The Merchant of Venice* in February, Anne Tyler's *The Taming of the Shrew* in June and Atwood's *The Tempest* in October. AFP



“
He's a more extreme character than I am.

Nino Ricci, on the main character in *Sleep*

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Author a double finalist

AWARDS

Rachel Cusk shortlisted for Giller and GG

After making the short list for the \$100,000 Scotiabank Giller Prize on Monday, Rachel Cusk is now a finalist for another lucrative honour — a Governor General's Literary Award.

Cusk, who was born in Canada and lives in London, is on the short list for the \$25,000 fiction prize for *Outline* (HarperCollins Publishers Ltd.).

Other fiction finalists include two-time Governor General's award winner Guy Vanderhaeghe of Saskatoon, who made the cut for *Daddy Lenin and Other Stories* (McClelland & Stewart/Penguin Random House Canada).

The short list is rounded out by Helen Humphreys of Kingston, Ont., for *The Evening Chorus* (HarperCollins), Toronto's Kate Cayley for *How You Were Born* (Pedlar Press), and Clifford Jackman of Guelph, Ont., with *The Winter Family* (Random House Canada/Penguin Random House Canada).

The Canada Council for the

OTHER GOVERNOR GENERAL'S FINALISTS

Poetry

- Kayla Czaga of Vancouver with *For Your Safety Please Hold On*
- Liz Howard of Toronto for *Infinite Citizen of the Shaking Tent*
- M. Travis Lane of Fredericton for *Crossover*
- Patrick Lane of North Saanich, B.C. for *Washita*
- Robyn Sarah of Montreal for *My Shoes Are Killing Me*

Drama

- Beth Graham of Edmonton for *The Gravitational Pull of Bernice Trimble*
- Tara Grammy and Tom Arthur Davis of Los Angeles/Toronto for *Mahmoud*
- Bryden MacDonald of Toronto for *Odd Ducks*
- David Yee of Toronto for *carried away on the crest of a wave*
- Marcus Youssef and James Long of Vancouver/New Westminster, B.C. for *Winners and Losers*

Children's Literature

- Dan Bar-el of Vancouver for *Audrey (cow)*
- Darren Groth of Delta, B.C. for *Are You Seeing Me?*
- Susin Nielsen of Vancouver for *We Are All Made of Molecules*
- Caroline Pignat of Ottawa for *The Gospel Truth*
- Emil Sher of Toronto for *Young Man with Camera*

Arts administers the awards, which honour writers in both official languages and in seven categories. Each winner, chosen by peer assessment committees, receives \$25,000.

This year's non-fiction, English-language short list includes former finalist Ted Bishop of Edmonton for *The Social Life of Ink: Culture, Wonder, and Our Relationship with the Written Word* (Viking/Penguin Random House Canada).

CBC correspondent David Halton of Ottawa is on the list for a book on his dad, *Dispatches*

from the Front: Matthew Halton, Canada's Voice at War (McClelland & Stewart/Penguin Random House Canada).

St. John's journalist Michael Harris made the cut for *Party of One: Stephen Harper and Canada's Radical Makeover* (Viking/Penguin Random House Canada).

Aboriginal literature scholar Armand Garnet Ruffo of Kingston, Ont., is a contender with *Norval Morrisseau: Man Changing into Thunderbird* (Douglas & McIntyre).

And Vancouver bee expert

Mark L. Winston is a finalist for *Bee Time: Lessons from the Hive* (Harvard University Press).

Other notable nominees for a 2015 Governor General's Literary Award include Montreal's Donald Winkler, who is also on the Giller short list, for translating the short story collection *Arvida* by Samuel Archibald. For the GG honour, he's a finalist in the category of Translation (French to English) for *Montcalm & Wolfe: Two Men Who Forever Changed the Course of Canadian History* (HarperCollins) by Roch Carrier.

THE CANADIAN PRESS



Rachel Cusk is on the short list for the Governor General's Literary Award prize for *Outline*. THE CANADIAN PRESS

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Finding his way through his father

MORE THAN A NATIVE STORY

What Wab Kinew learned from time with his dying dad

Wab Kinew is one of the leading First Nations figures in Canada. It wasn't always that way; in his youth he struggled to find the right path.

In 2012, he found out his father was dying of cancer. He took that year to spend with him. He learned more than he thought about himself and his culture. That year is recounted in Kinew's book *The Reason You Walk*, published by Viking Canada.

What was your relationship with your dad like as a child?

When I was a child I would say that the relationship was very negative. I was walking on eggshells, I was scared of him. And then it gradually started to ameliorate, particularly when I became an adult, and I recognized, well, he's got his issues but I want to learn from him. I want to

learn the language and the culture.

In 2012, there was just a much greater impetus, so with that looming sense of mortality we lived that last year so that we could have the relationship and be able to say there were no regrets and no things left unsaid between us.

People don't often take the chance to spend time with a loved one they know is dying.

I'd always been raised hearing these values, you know, family first and take care of your elders and things like that. And I just realized, your life is the product of the decisions you make in moments like these and so if I want to live by those ethics then I better walk that walk.

That year gave you a real personal understanding of the stories the truth and reconciliation commission are trying to get at. Can you talk about that?

Ironically I think one of the really big moments came after my father's death, when



Wab Kinew discovers the value of walking the walk of his culture. TORSTAR NEWS SERVICE

I went back and I listed to the actual testimony. He gave an account entirely in the Ojibway language, not just what he experienced in residential school, (but also) a thorough account of the spirituality of

our people, of the ceremonies, he gave an instruction in how to pray in the Anishinawbe way, and he delivered it all in the language of his birth. And then he concluded with a call to his descend-

ents, 'Here are your ways. Pick them up and learn this language.'

This really seems like a universal story.

I ask some of the same ques-



tions a newcomer (to Canada) asks. 'I was a warrior; what am I now?' Or 'I was a farmer, what am I now?' 'I had this identity, but what am I now?' That's one of the things I hope people get out of the book is that they don't just see it as a native story. This is a human story told through an indigenous lens ... really these are the same questions and desire to find meaning that all of us are asking in the modern world.

TORSTAR NEWS SERVICE

THURSDAY
OCT. 15

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BIRTHS

Baby for Carey Mulligan

Carey Mulligan popped back into the public eye this week at the London Film Festival debut of her new film, Suffragette, and she brought along with her some joyous news.

"Carey has given birth to a healthy and happy baby," a source tells E! News.

"She is just enjoying this time with her family and close friends."

Well, and standing awkwardly with Meryl Streep on a red carpet, but still.

Mulligan and husband Marcus Mumford — of Mumford and Sons fame — married in 2012 and first confirmed they were expecting back in June when her appearance at the Tonys made it impossible to hide the news.

She had to sit out the world premiere of Suffragette at the Telluride Film Festival in late September because she was about to give birth, if you want to try to pinpoint the exact date of delivery. Which is weird, why would you do that? Anyway, no word yet on the gender, mostly because they don't want us to go with the obvious headlines. Well, we certainly showed them, didn't we?

N E D
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Carey Mulligan



metroGOSSIP
MUST
READ



Nicki Minaj and Miley Cyrus aren't making peace any time soon. ALL PHOTOS: GETTY IMAGES

Minaj fires up feud with Miley Cyrus

INTERVIEWS

Quotes in NYT Mag show fight far from over

Ned Ehrbar
Metro | Hollywood



So that feud between Nicki "Miley, what's good?" Minaj and Miley Cyrus?

Yeah, totally not going away anytime soon. After

Cyrus made some comments about Minaj to the New York Times that Minaj reacted to at the VMAs, things seemed to calm down.

But Minaj just did an interview with the New York Times Magazine that proves she's far from over it.

"The fact that you feel upset about me speaking on something that affects black women makes me feel like you have some big balls," Minaj says.

"You're in videos with black men, and you're bringing out

black women on your stages, but you don't want to know how black women feel about something that's so important?"

"Come on, you can't want the good without the bad."

"If you want to enjoy our culture and our lifestyle, bond with us, dance with us, have fun with us, twerk with us, rap with us, then you should also want to know what affects us, what is bothering us, what we feel is unfair to us."

"You shouldn't not want to know that."

BODY IMAGE

Fat shaming sent Selena to therapy

Good job, everybody. Any taunting or comments made about Selena Gomez's figure after she posted a photo of herself in a bikini back in May ended up sending her off looking for professional help. Hope you're proud of yourselves, jerks.

"I've been working in therapy," she tells Us Weekly. "I'd land at the airport and people would yell out, 'You're fat!' It was awful. I've been working since I was seven. This is the first year I ever dealt with anyone talking about my body. Even if I did gain weight, I'm fine. That's what the picture represents."

Also, having seen the picture in question, I have no idea



Selena Gomez

what you people are talking about. That's what we're calling fat now? There's no hope for anyone.

NED EHRBAR/METRO

GOSSIP BRIEFS

Miranda Lambert has 'never felt more inspired'

Sometimes an artist just needs to shake things up, make a change, ditch the routines if she wants to really get those juices flowing and get productive. And sometimes she just needs to end her marriage. Miranda Lambert insists that since splitting up with Blake Shelton and moving back to Nashville, she's been more productive than ever, writing music every day. "I've never felt more inspired," she said at her Music City Walk of Fame induction ceremony this week. "I've written music basically every single day for the whole summer, and it was my first summer off the road and I've never felt more ready to make music." I wonder what she's been writing about.

NED EHRBAR/METRO

Tom Hanks reunites student with university ID card

Tom Hanks' tweet worked! A student named Lauren who lost her Fordham University ID card has been found.

The Oscar-winning actor tweeted a photo of the card Tuesday after finding it in a park. He covered up the woman's last name with his finger in the photo.

WCBS-TV says it located Fordham senior Lauren Whitmore on Tuesday. Whitmore says she was jogging in Central Park on Monday

when she must have lost the card.

She says if Hanks wants to return it, she'll "surely meet him to do that."

Hanks stars in the upcoming Cold War thriller Bridge of Spies.

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What they're asking

Here's a variety of two-bedroom resale condos in both midrise and highrise buildings. Living in condominiums is convenient, great for busy people, and means never having to shovel the drive or cut the lawn. **Duncan McAllister** FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$260,900

Calgary

This second-floor unit at 115 Prestwick Villas offers a southern exposure and a bright, open concept. The unit features a kitchen with a raised eating bar and dining area. There's a large living room with patio doors to the balcony, laundry and a four-piece bathroom. The master bedroom offers a full ensuite bathroom. The condo is close to transit, shopping, green spaces and plenty of amenities. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-0837.



\$249,900

Edmonton

Located in the Sherwood Park area just east of Edmonton, this top-floor suite has two bedrooms and two bathrooms and great views of the Summerwood wetlands from the covered balcony. Other features include laminate flooring, a breakfast bar on the large peninsula kitchen, in-suite laundry, a large storage room and an underground parking stall. The building is just steps from Sherwood Park's new hospital, great shopping, restaurants, schools and transportation. Brent MacIntosh is a sales representative with Re/Max River City, 780-445-0091.



\$259,900

Halifax

This two-bedroom suite has all the amenities one would ever need, including a pool, hot tub and fitness room. There's a second three-piece bathroom, walk-in closet and tiled balcony. The unit includes underground parking and a storage space. The condo is located just off the Bicentennial Highway, minutes from everywhere in HRM. There is a walking trail directly behind the condo along with shops, grocery stores and restaurants, all within a five-minute drive. Listing agent Jeff Kielbratowski is an associate with Realty Partners, 902-877-1787.



\$259,900

Winnipeg

This two-bedroom suite at Winslow House is in the Tuxedo neighbourhood, a desirable location close to shopping, golf, parks and transportation. The suite boasts a remodeled kitchen with breakfast bar, featuring maple cabinets and stainless steel appliances. The spacious living and dining rooms have hardwood floors and the large master bedroom has a walk-in closet, and a three-piece remodeled bathroom. Listing agent Kenneth Clark is a sales representative with Realty Executives Premiere, 204-957-1007.



\$1,060,000

Vancouver

This spacious suite boasts amazing views of False Creek, English Bay and the city from the south-west-facing corner unit. It features luxury finishes like granite countertops and cherry flooring. Upgrades include a new appliance package, light fixtures and faucets. The condo offers access to the Super Club's pool, sauna, fitness room, theatres, squash court, guest suites and 24-hour concierge. Just steps to the urban lifestyle of downtown, parks and seawall. Listing agent is Pam Allen with RE/Max Real Estate Services, 604-790-8464.



\$479,900

Toronto

This brand-new suite in the Carnaby Lofts is located in the West Queen West neighbourhood. The 829-sq.-ft. corner unit features exposed nine-foot ceilings, a 24-hour concierge, a full fitness facility and rooftop terrace with barbecues. The unit includes parking and a locker. The condo is close to the Queen streetcar line and Trinity Bellwoods park. Integrated appliances include a fridge, dishwasher and stainless stove. Listing agent Alex J. Wilson is with RE/Max Condos Plus, 416-996-5181.



\$399,900

Ottawa

This two-bedroom, two-bathroom 951-sq.-ft. suite is located on the quiet and bright east side of this nearly-new building by Domicile. The suite features tasteful, modern finishes and the building has a well-equipped gym as well as a guest suite. Underground heated parking and a storage locker is included. The condo is located on the border of Wellington West and Hintonburg. Listing agents are Kelly Ebbs and Kerry Millican with Royal LePage Team Realty, 613-290-2990.

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HOPEWELL PAIRED
HOMES IN MAHOGANY

CONTRIBUTED

Spacious homes get back to nature

Project overview

Green space and lakeside living make Hopewell Paired Homes in Mahogany, new semi-detached homes introduced by Hopewell Residential, the ideal living space. Homeowners have many options with immediate possessions available or the opportunity to create their own unique home from the bottom up.

Location and transit

Nestled on the outskirts of Deerfoot Trail and Highway 201, Mahogany is a highly accessible neighbourhood for commuters. With a number of bus routes and transit stations near by, Mahogany is also planned to host one of the Calgary Transit Green Line's future stops.

Building amenities

This peaceful stretch of space in southeast Calgary boasts 74 acres of natural wetland along with a network of walking and biking paths. Right next to the city's largest freshwater lake, these paired homes in Mahogany are surrounded by playgrounds and parks.

In the neighbourhood

An ideal spot for families, these paired homes in Mahogany are in walking distance from a surplus of parks, schools and recreation centres. Only five minutes from the South Health Campus, homeowners will also have access to shops and restaurants with the soon-to-be-complete South Urban District.

ANNA BROOKS/FOR METRO

+ NEED TO KNOW

What: Hopewell Paired Homes in Mahogany
Builder: Hopewell Residential
Designer: Hopewell Residential
Location: 375 Mahogany Blvd. SE
Building: Paired homes
Sizes: From 1,100 sq. ft. to 1,600 sq. ft.
Pricing: Starting in the \$320,000s
Model: Two- to four-bedroom floor plans
Status: Completed and ongoing construction
Occupancy: Immediate possessions available
Sales centre: 375 Mahogany Blvd. SE
Hours: Monday to Thursday 2 to 8 p.m., weekends 12 to 5 p.m.
Phone: 403-452-8177
Email: mahoganypaired@hopewell.com
Website: hopewellresidential.com



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REAL ESTATE

What's hot on the market



ANNA BROOKS/FOR METRO

1 BRIDGELAND

Hot spots: Bridgeland Crossings is the latest in affordable developments by Apex City-homes in the trendy area of Bridgeland. Now selling, see the sales centre at 824 1 Ave. NE Monday through Thursday from noon to 6 p.m. and weekends noon to 5 p.m., or call 403-269-2805.

2 VISTA HEIGHTS

Accessible housing: Dinner for Doors is a fundraiser held by Accessible Housing, a non-profit organization spreading awareness about affordable housing challenges. The event will be held Nov. 12 at the Executive Royal Hotel from 5 p.m. to 8:30 p.m. Call 403-282-1872 or email info@accessiblehousing.ca.

3 RICHMOND

Open house: Check out the Kerry, a luxury home just minutes away from downtown. An open house of this beautiful attached home property is being held Oct. 10 from noon to 5 p.m. at #3 2432 30 St. SW. For more information call 403-630-5190.

5 FALL ENTERTAINING ITEMS INSPIRED BY FARMHOUSE DECOR

With Thanksgiving just around the corner, let's entertain with a few stylish farmhouse-inspired helpers.

Karl Lohnes
For Metro Canada



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2 Press & serve

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3 Give it flavour

Let your pumpkin patch inspire the flavour as an ice cream or latte topping. Fontana Pumpkin Spice Sauce, \$31/63 oz, Starbucks.ca

4 Put a lid on it

From oven to table in one dish. Lodge Cast Iron 5-qt Dutch Oven, \$80, CrateAndBarrel.com

5 Keep it clean

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Stay on budget for your reno

HOME

How to get the best quote, and other important tips

Liz Brown

Home renovations are pricey propositions. And if you don't set a precise budget and vision, the project can quickly balloon in cost and scope. Planning, research and clear communication with your contractor are keys to keeping your home reno running on schedule and budget.

The first step to an on-budget reno is to come up with a clear work description and give the same description to each contractor, according to Rick Hagel, general manager at Sierra Property Services Ltd. in Vancouver. "You want contractors to be comparing apples to apples," he says.

"Say you want to do a kitchen. You need to look at all of the things in your kitchen and outline what you want and



The lowest price isn't always the best choice. Sometimes it's better to pay a little more for quality and experience. SHUTTERSTOCK

what kind of quality those things should be. You need a specific list and the contractor should quote on that specific list

first, and then offer any suggestions after. Don't let yourself be swayed before the initial quote is offered."

Homeowners should seek three to five quotes to get a good idea of what a project should cost. And Trevor Jones of Cani-

wi Construction in B.C. advises to not just select the cheapest quote. "The lowest price isn't always the best choice. It is often

better to pay a little more for quality and experience," he says.

A good sign you have drawn up a specific work plan that contractors understand is if all contractors submit bids in the same general price. "(From this) you can assume you are getting a fair price for the work you described to them and they all understood the same scope of work for your project," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Homeowners also need to factor in unexpected costs to their budget. "Home renovations always cost more than you think they will," says Tyler Moffet, a carpenter and contractor in Calgary. "Once you start tearing things apart, there's always something you come across that needs more work."

Moffet says a general rule of thumb in the industry is to budget 15 to 20 per cent more than the contractor's quote. "This way, if you run into a problem, it's not an issue to come up with the funds, and if all goes well, you have some gravy money at the end."

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Choosing a contractor

Choosing the right contractor is the most important decision you will make during a home renovation, but it can be hard to know where to start looking for the right professional for your needs.

"Checking references is by far the best advice," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Sharp recommends preparing a list of questions before calling a reference, focusing on the contract, if the contractor stayed on budget and what the renovation team was like. "Did they smoke in the house, were they professional?" he says.

Rick Hagel, general manager of Sierra Property Services Ltd. in Vancouver, says that homeowners should check with associations like the Better Business Bureau, to see if the contractor is a member and if there have been any complaints.

"You can see what kind of a work record a contractor has," says Hagel, noting it's not just about the quality of work, but also how the contractor reacts to adversity. "If there has been a problem, you want to know the contractor attended to it immediately."

Tyler Moffet, a Calgary-based carpenter and contractor says a good place to start your search



Checking references is an important part of finding the right contractor. This isn't a time to cut corners. SHUTTERSTOCK

is your own neighbourhood.

"Drive around your area and look for crews working on homes. Ask the homeowner to see the work and what they think of it and if the job is running on schedule," he says, adding: "It's like a job interview, you need references. You don't just ask someone you don't know to come into your house."

After you've checked references, it's time to ask for bids from the contractors. Collecting bids from three to five contractors is a good way to determine what a fair price for your project is. "If the bids are significantly different from each other, there may be a valid explanation, such as one contractor forgot to in-

clude a major component in their bid," says Sharp.

A good proposal will include a schedule of draws (payments) that are linked to milestones on the project. Hagel says most experienced contractors with good capital resources won't ask for a deposit up front, before any work is performed.

"We make sure all of our customers know that no money changes hands until there is some value for the work that has been performed. That's a key thing for determining if you want to work with a contractor, because someone who needs money right away could be a problem down the road."

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Call the doctor

VISIT

When to seek medical attention for your cold

Rhonda Riche

What most Canadians call the common cold is actually an upper respiratory tract infection caused by one of more than 200 viruses.

The most common of these bugs are the rhinoviruses. In a healthy person, this infection is irritating, but relatively innocuous and in one or two weeks, the symptoms are gone.

But, sometimes, colds can lead to complications. Because the cold virus can also affect the tube that connects your middle ear and throat, sufferers are also at risk for sinusitis and ear infections.

If your cold lingers for

more than a week and you begin to have fever, pain in the sinus area or you are having trouble sleeping or hearing, you should see a doctor.

While getting enough rest and eating healthy meals can help boost your immune system, cold-related infections like bronchitis and strep throat can still creep up on you.

Most people recover from bronchitis (a.k.a., a chest cold) without any additional treatment, but you should seek medical attention if your mucus gets thick and dark or you experience shortness of breath.

With strep throat, call your doctor if your sore throat isn't getting better or you have difficulty swallowing.

Many illnesses can start off with cold-like symptoms. The flu is one of them. Visit canada.ca/flu for the latest influenza updates and frequently asked questions. And when in doubt, it doesn't hurt to ask your doctor.



Colds can lead to complications. If your cold lingers for a few weeks, you should see a doctor. SHUTTERSTOCK

Reducing the risk of getting sick

Vaccination, handwashing and a healthy lifestyle are the best ways to protect yourself from the flu.

Yet, for some high-risk groups — particularly young children, the elderly, pregnant women and people with underlying health conditions — extra precautions may be necessary.

For example, children younger than six months are at high risk of serious flu complications because their immune systems are still developing, yet they are too young to get a flu vaccine.

Simple everyday actions can help reduce the risk of coming into contact with cold and flu viruses. For example, you can protect yourself and your infant by staying away from crowded places as much as possible, where you are more likely to be exposed to the virus.

If you become sick, cover your nose and mouth with a disposable tissue when you cough or sneeze (then wash your hands) and clean and disinfect frequently touched surfaces.

Call your doctor right away if your child younger than three months (12 weeks) has a rectal temperature of 101.3 F (38.5 C) or higher. Also, any fever that lasts more than one day in a child younger than two (or lasts more than three days in a child age two or older) should be checked out.

The same care should be taken if you are older, pregnant or have a pre-existing medical condition, such as lung or heart disease or a compromised immune system.

While you aren't at higher risk of contracting cold or flu, you may be more likely to experience serious complications. For example, infection in the lungs can trigger asthma attacks and a worsening of asthma symptoms.

Work with your primary health-care provider to come up with an action plan in case you get sick this cold and flu season.

It will help you recognize the difference between cold and flu symptoms and help you take precautions to keep illness at bay.

RHONDA RICHE



Simple everyday actions, like washing your hands, can help reduce the risk of coming into contact with cold and flu viruses. SHUTTERSTOCK

SYMPTOMS

Cold vs. flu

The symptoms of the flu and the common cold are quite similar.

But because influenza can lead to serious complications, it's important to understand the differences. Use this guide to help you spot the signs:

FEVER

Rare in colds. In flu, often high (102 F to 104 F, or 39 C to 40 C), starts suddenly and lasts three to four days.

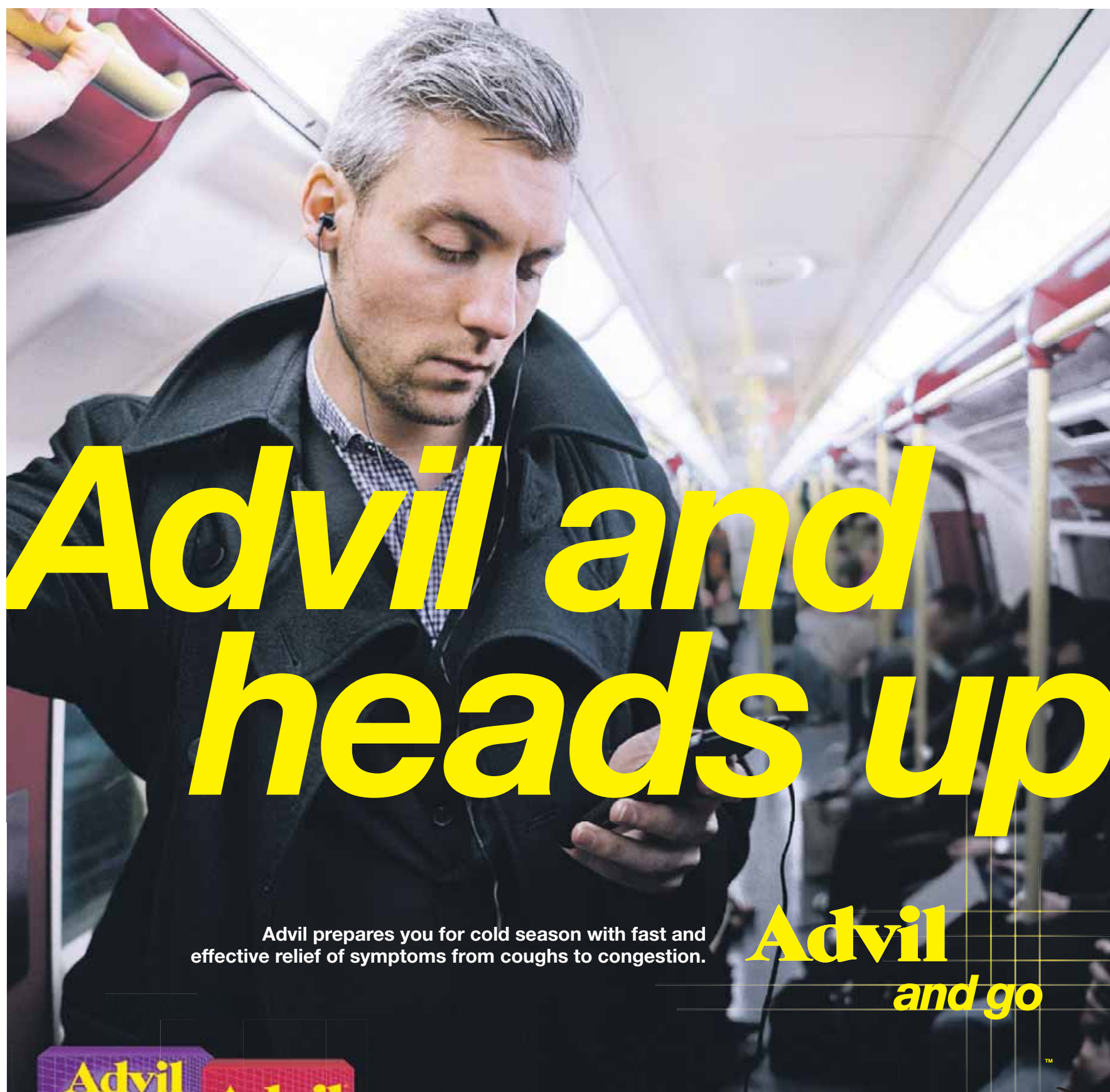
ACHES AND FATIGUE

Sometimes mild in colds. In flu, these symptoms can be severe, including headaches, and can last two to three weeks.

COUGHING AND SNEEZING

Pretty common with a cold. Sneezing may accompany a flu, and chest discomfort is common and can become severe.

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Advil and heads up

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Leafs open season with loss to Habs

OPENERS

Above: Brendan Gallagher of the Montreal Canadiens and the Toronto Maple Leafs' Dion Phaneuf battle for the puck at Air Canada Centre on Wednesday. Alex Galchenyuk scored the winning goal in the Habs' 3-1 victory.

THE CANADIAN PRESS

Right: The Chicago Blackhawks look on as their Stanley Cup championship banner is raised to the United Center rafters before their game against the New York Rangers. New York spoiled the party by winning 3-2.

THE ASSOCIATED PRESS



Go to metronews.ca for more opening-night coverage.

Flames call on Kulak

NHL SEASON PREVIEW

Brodie's injury gives green Albertan crack at opener

There wasn't much job opportunity on the Calgary Flames' defence at training camp. But with just one previous NHL game under his belt, Brett Kulak secured a spot on the blue line to start the season.

Calgary was set to open its 2015-16 campaign with three goaltenders and just six defencemen.

With veterans Mark Giordano, Dougie Hamilton, Kris Russell, Dennis Wideman and Deryk Engelland locks in the lineup, Kulak had to beat out experienced defencemen to gain the last spot on the opening-day roster.

The 21-year-old from Stony Plain, Alta., played the majority of last season in the ECHL with the Colorado Eagles.

"I remember when I was there, it felt like a long way away from the NHL," Kulak said Wednesday prior to Calgary's season opener against the Vancouver Canucks. "I didn't know when I would eventually get to the NHL, but I just kept working at it."

Defenceman T.J. Brodie will return to the Flames' lineup from a broken finger later this month

or early November.

Calgary moving one of the three goalies opens up a spot for a seventh defencemen, but there's stiff competition coming from the Flames' AHL affiliate in Stockton, Calif.

Tyler Wotherspoon, who has played in 21 games for Calgary, and 27-year-old Jakub Nakladal were assigned there last week.

Kulak has the opportunity early this season to play substantial minutes as Calgary's No. 6 defenceman.

"Every day I'm here I'm learning more and more," Kulak said.

"I can be better. Just the experience every day, every game I get is going to be huge for me in the long run. It's a good opportunity for me to show them I can play at this level."

Kulak had nine goals and 21 assists in 39 games for the Eagles last season, as well as four goals and nine assists in 26 AHL games. He played three seasons for the Western Hockey League's Vancouver Giants with a career high 60 points in 2013-14.

Calgary's fourth-round pick (105th overall) in the 2012 entry draft made his NHL debut in the Flames' regular-season finale April 11. With the top four defencemen resting for the playoffs, Kulak played almost 20 minutes in the game.

That's experience he's grateful to have now.

THE CANADIAN PRESS



It's a great story. He's worked so hard to get here and I'm honestly really happy for him.

Flames captain Mark Giordano



Brett Kulak spent the summer training in Calgary with Flames strength and conditioning coach Ryan van Asten and alongside veterans Kris Russell and Matt Stajan.

MARIANNE HELM/GETTY IMAGES

GREATNESS ASSUMED

McDavid 'comfortable' with pressure of emulating Gretzky

Wayne Gretzky was "The Great One" and Mario Lemieux was "The Magnificent One."

The hockey world is always looking for a new superstar to transcend the sport.

Eric Lindros, Sidney Crosby and John Tavares were dubbed "The Next One" as teenagers.

Sergei Fedorov, Peter Forsberg, Jaromir Jagr, Paul Kariya and Teemu Selanne were among the players featured with Gretzky in a mid-1990s video called "The Great

One and the Next Ones."

Now, it's Connor McDavid's turn to wear the label and carry the burden that goes with all that hype.

The 18-year-old McDavid has added pressure playing in Edmonton, where Gretzky won four Stanley Cup titles.

"Pressure is something I've been dealing with for a long time," McDavid said after the Oilers picked him No. 1 overall in the NHL draft. "It's something I'm comfortable with."

It's safe to say no one will



Pressure is something I've been dealing with for a long time. It's something I'm comfortable with.

Oilers' Connor McDavid

ever come close to Gretzky's level. He dominated the NHL like no player in any other team sport.

Gretzky was a nine-time MVP who held or shared 61 career records at one point. His 2,857 points are 970 more than the No. 2 player on the scoring list.

That's like baseball hits leader Pete Rose having 2,188 more hits than Ty Cobb instead of just 67.

For McDavid, leading the Oilers to the playoffs will be the first step. Edmonton has missed the post-season nine straight years, the league's longest drought.

THE ASSOCIATED PRESS



Connor McDavid's NHL career begins in earnest on Thursday night when the Oilers visit St. Louis. DAN RIEDLHUBER/GETTY IMAGES



The acquisition of David Price has made many critics believe in the Blue Jays. RICK MADONIK/TORSTAR NEWS SERVICE

Rangers relish role of dark horse to Jays

MLB PLAYOFFS

After climb in standings, Texas faces tall task vs. Price

The Texas Rangers have arrived in Toronto with a chip on their shoulder.

Being overlooked by the bookmakers and others has only served to motivate the AL West champions as they prepare to meet the surging Blue Jays on Thursday in the American League Division Series.

Texas manager Jeff Bannister says there are plenty of emo-



It doesn't really mean anything once you step on the field.

Blue Jays centre-fielder Kevin Pillar on the team being favourites among critics and bookmakers

tions in his clubhouse.

"I think it's full of energy, belief, confidence," he said Wednesday. "But yet they're the ones that aren't being given a chance. So I also think that there's a little different edge. And I thank you all."

The Rangers have already worked one miracle under their rookie manager, climbing from last place in the American League (67-95) in 2014 to make the playoffs. Only four other teams in the majors have

done that before.

Toronto manager John Gibbons sees the ALDS contest as more of an "even matchup."

"Our teams are very similar," he said. "Good offences. Balanced. They've got some pretty good team speed over there."

And they both went out and made big pitching acquisitions, with Toronto trading for David Price and Texas picking up Cole Hamels. They also looked to bolster their bullpens.

"Both GMs attacked it the

same way," said Gibbons. "They saw what they needed and they went out and did it."

Toronto sends out Price, its left-handed ace, against right-hander Yovani Gallardo as post-season baseball returns to the Rogers Centre for the first time since 1993.

Price is 9-1 as a Blue Jay with an earned-run average of 2.30. Over his career, he is 11-1 at the Rogers Centre.

He comes into Thursday's game on 11 days rest, with his last real outing Sept. 26 in Tampa.

And yet the former Tampa Bay and Detroit pitcher is 1-5 in the playoffs with a 4.50 ERA.

THE CANADIAN PRESS

Arrieta, Cubs walk Bucs off the plank

Jake Arrieta allowed four hits in nine dominant innings and the Chicago Cubs rolled to a 4-0 win over the Pittsburgh Pirates in the NL wild-card game on Wednesday night.

Arrieta struck out 11 without a walk. He also dusted off getting plunked by Pittsburgh reliever Tony Watson to send the Cubs to the NL Division Series in St. Louis starting on Friday.

Dexter Fowler homered and scored three times for the Cubs. Kyle Schwarber added a towering two-run shot off Pittsburgh starter Gerrit Cole as Chicago raced to an early lead and let Arrieta do the rest.

The largest crowd ever at PNC Park failed to rattle Arrieta or one of baseball's youngest teams. Manager Joe Maddon's club played with swagger and



Jake Arrieta

DON WRIGHT/THE ASSOCIATED PRESS

confidence and looked right at home while snapping a nine-game playoff losing streak that dated to the 2003 NL Championship Series.

The bearded, 29-year-old Arrieta, still unbeaten since July 25, stretched his remarkable second half — in which he posted a 0.75 ERA — into the opening round of the post-season. THE ASSOCIATED PRESS

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RECIPE Mediterranean Pasta with Basil and Artichokes



PHOTO: MAXA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is simple but roasting the veg gives it real depth of flavour.

Ready in 30 minutes
Serves 4

Ingredients

- 2 red peppers, seeded and cut into wedges
- 1 red onion, cut into wedges
- 3 cloves garlic, coarsely chopped
- 1 tsp brown sugar
- 2 Tbsp olive oil
- Salt and pepper to taste
- 3 small ripe tomatoes, quartered
- 1 can artichoke hearts, drained, rinsed, and quartered lengthwise
- Handful of fresh basil leaves
- 3 Tbsp of grated Parmesan
- 1/2 lb dry pasta

Directions

1. Preheat oven to 400 degrees. Scatter the peppers, red onion and garlic in a large roasting tin. Toss with sugar, oil and salt and pepper.
2. Roast for 15 minutes, toss in the tomatoes and artichokes and roast for another 15 minutes until everything is soft and golden brown.
3. While the vegetables are roasting, cook the pasta in a large saucepan of salted boiling water according to package instructions. Drain well.
4. Remove the vegetables from the oven, tip in the pasta and toss lightly. Tear the basil leaves on top and sprinkle with Parmesan cheese.

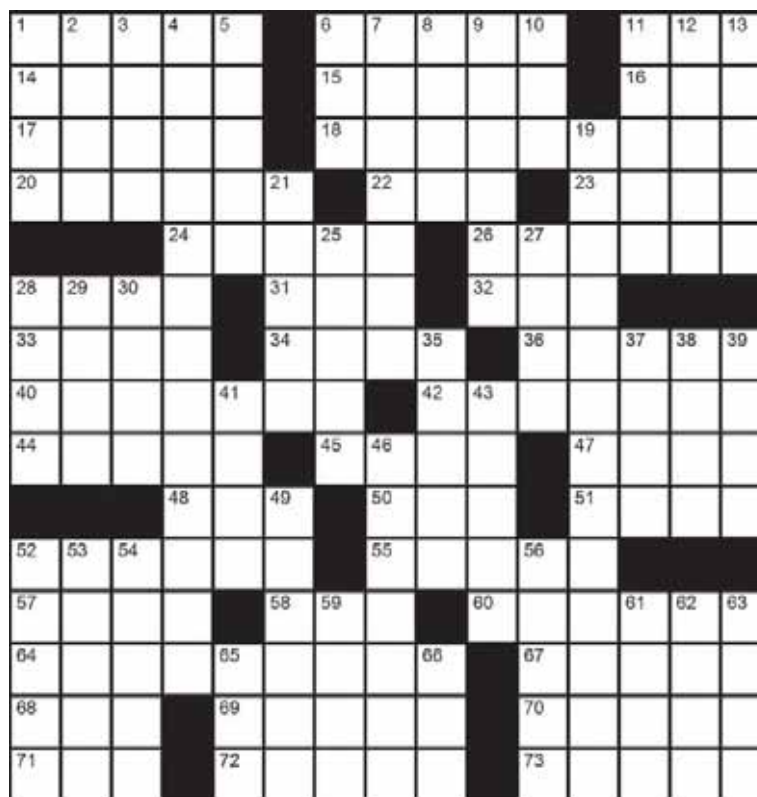
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Colour in a bouquet
6. "Fortune is painted blind, with a muffler _ her eyes..." - Shakespeare
11. Whiz
14. _ Arden (1864 poem by Alfred, Lord Tennyson)
15. Clear debt
16. Delivery vehicle
17. Intense
18. Indicator to a dinner party guest of where to be seated: 2 wds.
20. _ tires (Michelin products)
22. Le: English
23. It's buzzing with activity
24. '60s abstractionism: 2 wds.
26. Lurched
28. Red carpet design
31. _ Beta Kappa
32. Wife of Thor
33. Middle- _
34. _ up (Absorbs)
36. Streamlets
40. Took hours getting ready for the party
42. Make balanced: 2 wds.
44. Marsh grower
45. Cap- _ _ (From head to toe)
47. _ pants (Casual/fitness wear)
48. U.K. mil. service
57. Larger-than-life
58. Research paper, e.g.
60. Fruity frozen dessert



(mainly Okinawa) of Japan meaning 'empty hand'

64. Pond's product: 2 wds.
67. Vacate
68. Winter water
69. Electrical pioneer Nikola
70. Facilitated
71. Hi- _ graphics
72. Tend the fire

73. Get garmented

DOWN

1. Big name in corporate jets
2. Empire of Peru
3. Garish, as garments
4. French for 'Happy'

- Thanksgiving: Joyeuse _ _ _
5. "Surrender" by _ Trick
 6. Alsatian artist Jean
 7. Marker's writing part
 8. Moonfish

9. Fast track drivers
10. 1982 Alan Parsons Project hit: " _ in the Sky"
11. Be of service
12. Prepare the To-furky for serving
13. Wrapped up
19. Competitive series on Food Network Canada: 4 wds.
21. Memory mistake
25. Friend to Mary and Phyllis
27. W.B. Yeats' land
28. Openings
29. Troll
30. Garden intruder
35. River of Paris
37. Rug-making apparatus
38. Winter sport
39. Mr. Laurel of funny movies
41. Orderly
43. Swerves
46. Coach's rallying delivery: 2 wds.
49. Weasel relative
52. Fermented milk product
53. Speedily
54. Basmati and Wild
56. Dished out
59. Money in Mexico
61. Headquarters
62. Mark Twain story, _ Diary
63. "Bill & _ Excellent Adventure" (1989)
65. Belonging to Hartford's l'il state
66. "Maggie _" by The Beatles

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Like everyone you can be a creature of habit but at the moment you must strive to be more original. Create your own pathway to success.

Taurus April 21 - May 21
Don't waste your precious energy on people and situations that bring you no benefit. Your main priority now is to set yourself targets that pay off for you in the long-term, not for others in the short-term.

Gemini May 22 - June 21
You feel out of touch with what is going on around you. Everyone else seems to be tuned in to events that mean nothing to you. Don't worry, you are not missing much. Others envy you for being so independent.

Cancer June 22 - July 23
You will find it difficult to keep your nose out of other people's business today. You know what curiosity did to the proverbial cat, don't you?

Leo July 24 - Aug. 23
Money matters will figure prominently. There is a lot at stake at the moment, so do whatever it takes to maximize your profits and minimize your losses.

Virgo Aug. 24 - Sept. 23
You have done a lot of thinking over the past few weeks and you have come to a lot of conclusions about what you need to do to make your life more enjoyable. Now all you have to do is apply those conclusions to everyday activities.

Libra Sept. 24 - Oct. 23
For some reason you are taking certain things personally when, in reality, they have nothing to do with you at all. Get over yourself and get past the notion that the powers that be are ganging up on you. They're not.

Scorpio Oct. 24 - Nov. 22
It may seem as if everyone is being critical of you but that's an exaggeration. The only people questioning you are the ones who care for you the most. Listen to what they say.

Sagittarius Nov. 23 - Dec. 21
You may say that you don't care what the world thinks of you but deep down you do and cosmic activity in the career area of your chart will give you the chance to impress.

Capricorn Dec. 22 - Jan. 20
Something that never interested you before will grab your attention today and you will spend every spare moment trying to understand it. Others may think you have lost your mind but they don't see the possibilities you do.

Aquarius Jan. 21 - Feb. 19
You will find yourself thinking deeply about the big questions of life that most people tend to ignore. Does life have meaning? If so, what is it?

Pisces Feb. 20 - March 20
The only way you are going to get ahead is to co-operate — not just with friends and colleagues but with rivals too. Focus on what unites you, not on what keeps you apart.

CONCEPTIS SUDOKU by Dave Green

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